

BEST 1957
WE HAVE THE TRUCKS!
PLOW, UTILITY AND CARGO
VANS ON SITE
781-749-1950

120 IN STOCK - OFF BRAND MODELS - TRUCKS
FULL SIZE SUV'S - CERTIFIED MODELS

2017 SILVERADO 1500 LT
\$249 /MONTH
STK# 710285
2017 SILVERADO 1500 LT
36 MONTH LEASE
10 K MILES PR YR
\$299.00 DUE PLUS FIRST
MUST HAVE COMP LEASE.
INCLUDES SALES TAX/DOC FEE/ACQ FEE/FIRST PAYMENT

2017 TRAVERSE LT
\$195 /MONTH
STK# 70424
2017 TRAVERSE LT
36 MONTH LEASE
10 K MILES PR YR
\$299.00 DUE PLUS FIRST
MUST HAVE COMP LEASE.
INCLUDES SALES TAX/DOC FEE/ACQ FEE/FIRST PAYMENT

BEST PREOWNED

CERTIFIED PRE-OWNED

CERTIFIED PRE-OWNED



See our full inventory at

www.TheBestChevy.com

over 135 pre-owned vehicles to choose from plus another 380 new.

#BestDealerEver

OVER 60 YEARS, DOING BUSINESS THE BEST WAY.

BEST 1957
SPRING
CLEARANCE
EVENT
508-747-1550

60 IN STOCK - OFF BRAND MODELS - TRUCKS
FULL SIZE SUV'S - CERTIFIED MODELS

TRUCK MONTH
RAM

2017 RAM 1500 EXPRESS

\$177 /MONTH
STK# 705085
2017 RAM 1500 EXPRESS
36 MONTH LEASE
10 K MILES PR YR
\$299.00 DUE PLUS MUST HAVE CONQUEST LEASE
PLUS SALES TAX/DOC FEE/ACQ FEE/FIRST PAYMENT DUE AT SIGNING

2017 JEEP CHEROKEE LATITUDE

\$208 /MONTH
STK# 70040
2017 JEEP CHEROKEE LATITUDE
36 MONTH LEASE
10 K MILES PR YR
\$299.00 DUE NO CONQUEST
PLUS SALES TAX/DOC FEE/ACQ FEE/FIRST PAYMENT DUE AT SIGNING

**STOP IN TO SEE THE THE BEST SELECTION WITH
OVER 380 NEW IN STOCK**

certified pre-owned
CHRYSLER | DODGE | JEEP | RAM

See our full inventory at
www.BestJeep.com

over 60 pre-owned vehicles to choose from plus another 280 new.

#BestDealerEver

OVER 60 YEARS, DOING BUSINESS THE BEST WAY.

hello SPRING
EVENT
#BestDealerEver

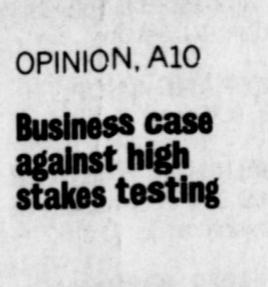
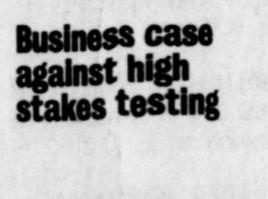
**A
P
R****2
0
1
7****1
4**REAL ESTATE
WARM AND
WELCOMING
COMMUNITY CLASSIFIEDSSPORTS
GIRLS
LACROSSE
PAGE B14 *****DAR-RT WSH**C-002
PAUL PRATT LIBRARY R
35 RIPLEY RD
COHASSET MA 02025-1743

Vol. 39, No. 17 ■ \$2

COHASSET MARINER

Cohasset.WickedLocal.com

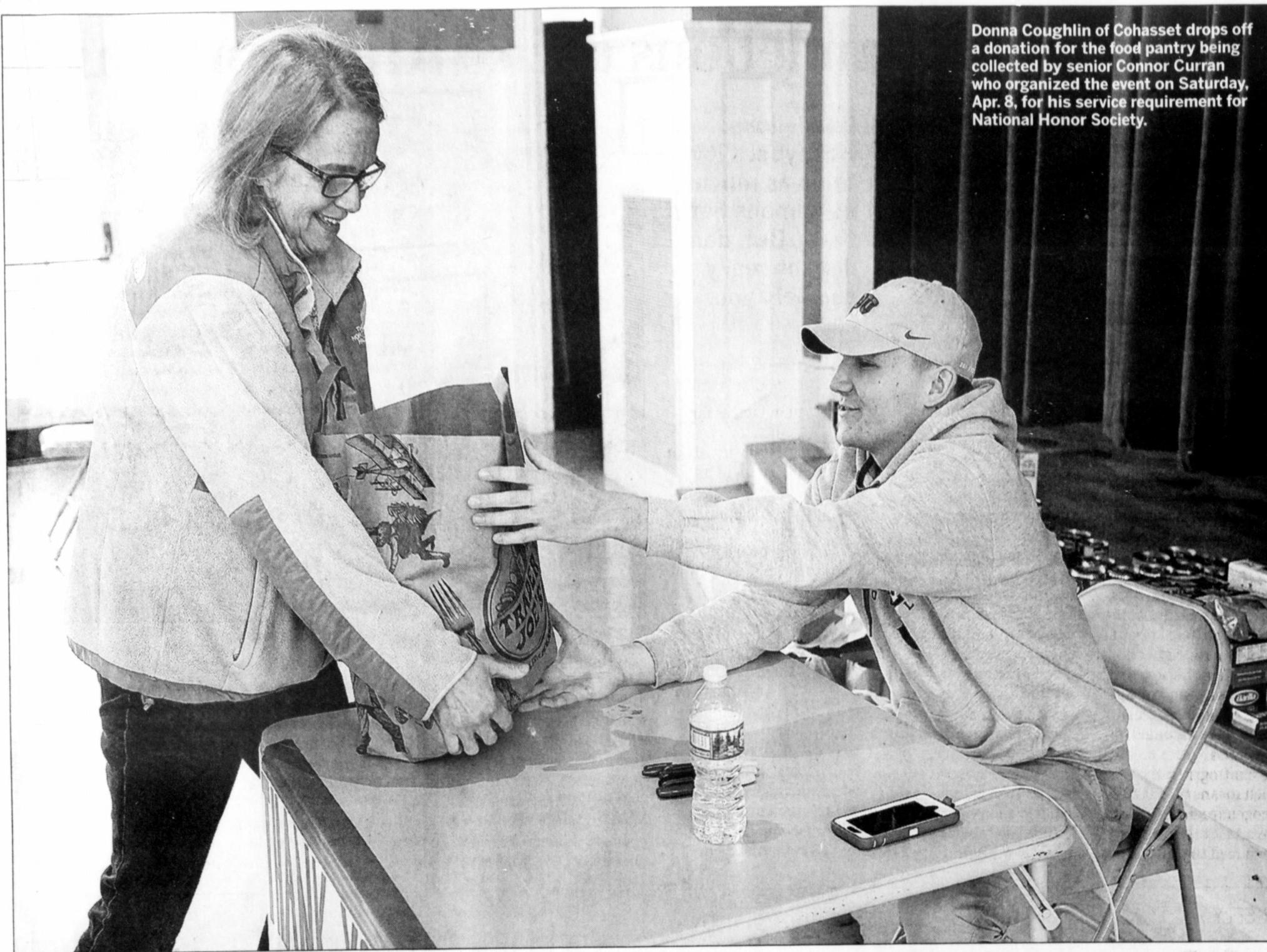
Friday, April 14, 2017

WHAT'S INSIDE**PHOTOS, A4****PANTRY
PALOOZA****MEET BINGO, A8****MEET BINGO****ALL ABOARD****READING, B4****OPINION, A10****Business case
against high
stakes testing****COMING IN PRINT****NEWS: More on Town
Meeting articles****WICKED
LOCAL.com****INDEX**Picture This... A2
Columns... A11
Obit... A2
Red Cell... A12
Police Beat... A3
Police/Fire... B10
Around Town... A3
Life at CHS... A6
On stage... B11
Health... B12
Cartoon... B13

The COHASSET MARINER (USPS 455-390) is published weekly Friday by Gatehouse Media, 254 Second Ave., Needham MA 02494. Periodicals postage paid at Boston and additional mailing offices. Postage paid at Sturbridge, MA 01582. Postmaster: Please address changes to COHASSET MARINER, 400 Crown Colony Dr., Quincy MA 02269. Add'l address changes: 1-800-MY-PAPER (1-800-547-2773). Subscriptions: report delivery problems.

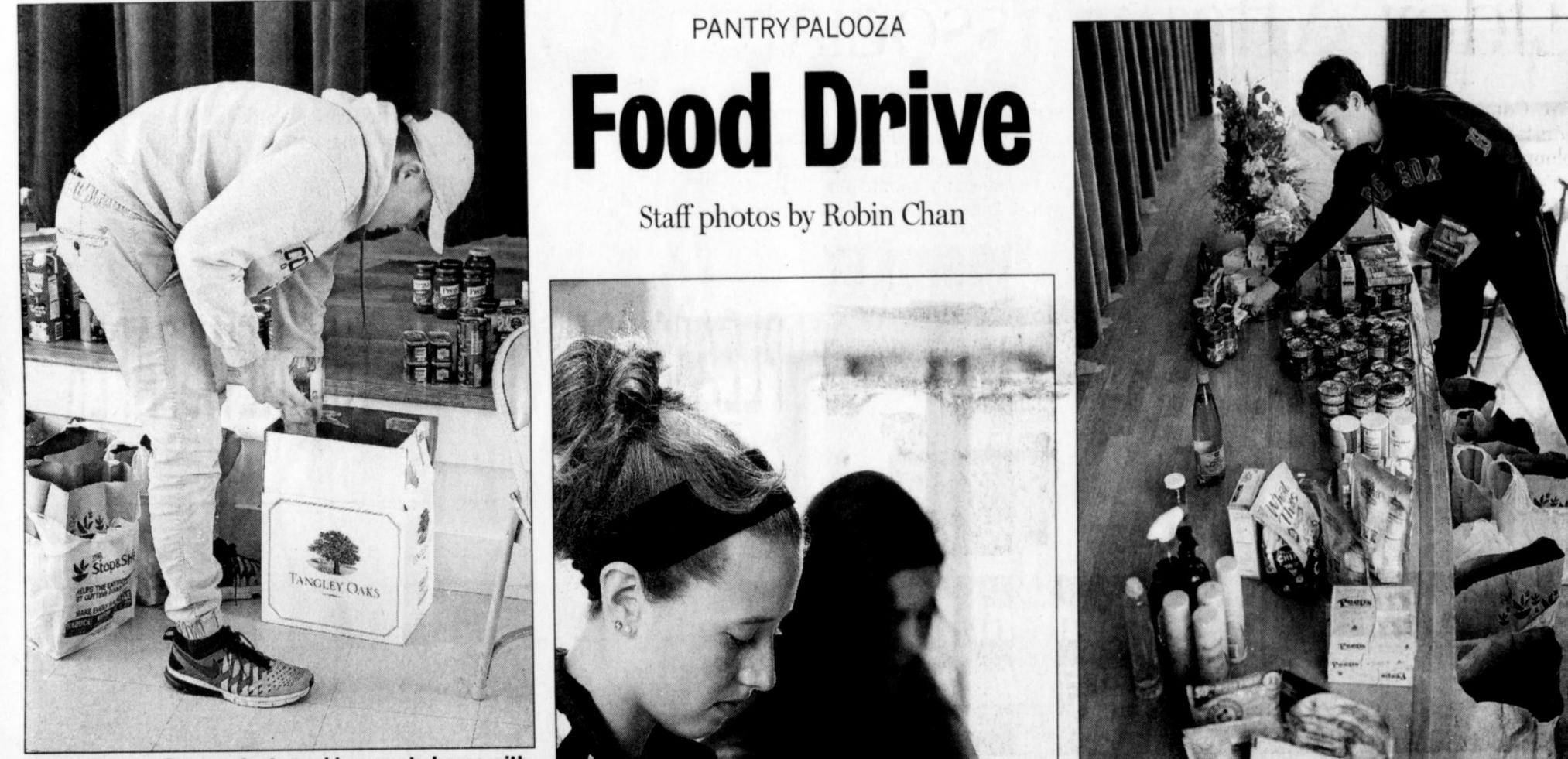
POSTMASTER: Send change of address notice to COHASSET GateHouse Media NE, 400 Crown Colony Dr., Quincy MA 02269.

16
8 02722 99075 7**FINANCIAL STRATEGIES.
ONE-ON-ONE ADVICE.**231 Chief Justice Hwy (Route 3A)
Brass kettle Building
Cohasset, MA 02025
781-383-1996
www.edwardjones.comEdward Jones
Broker/Financial AdvisorEdward Jones
Broker/Financial Advisor



Donna Coughlin of Cohasset drops off a donation for the food pantry being collected by senior Connor Curran who organized the event on Saturday, Apr. 8, for his service requirement for National Honor Society.

A
P
R



Senior Connor Curran starts packing empty boxes with donated items for the food pantry.



Sophomore Andrew McSheffrey donates gift cards to the food pantry before helping out Connor Curran at the Pantry Palooza. Andrew and Connor are both Mariner columnists. Andrew writes the Pantry Corner and Connor writes Life at CHS.



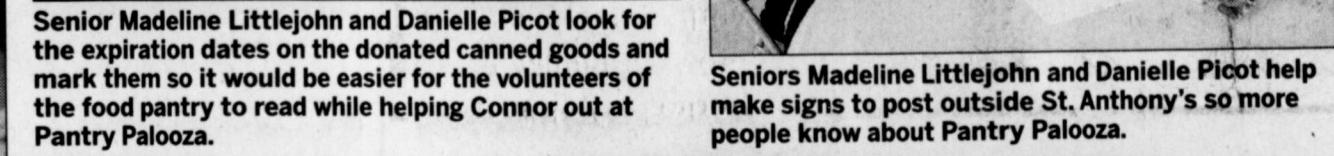
Household items like laundry detergent, cleaning supplies, and shampoo are some of the more important items that need to be donated to the food pantry because most people think of donating food.

PANTRY PALOOZA Food Drive

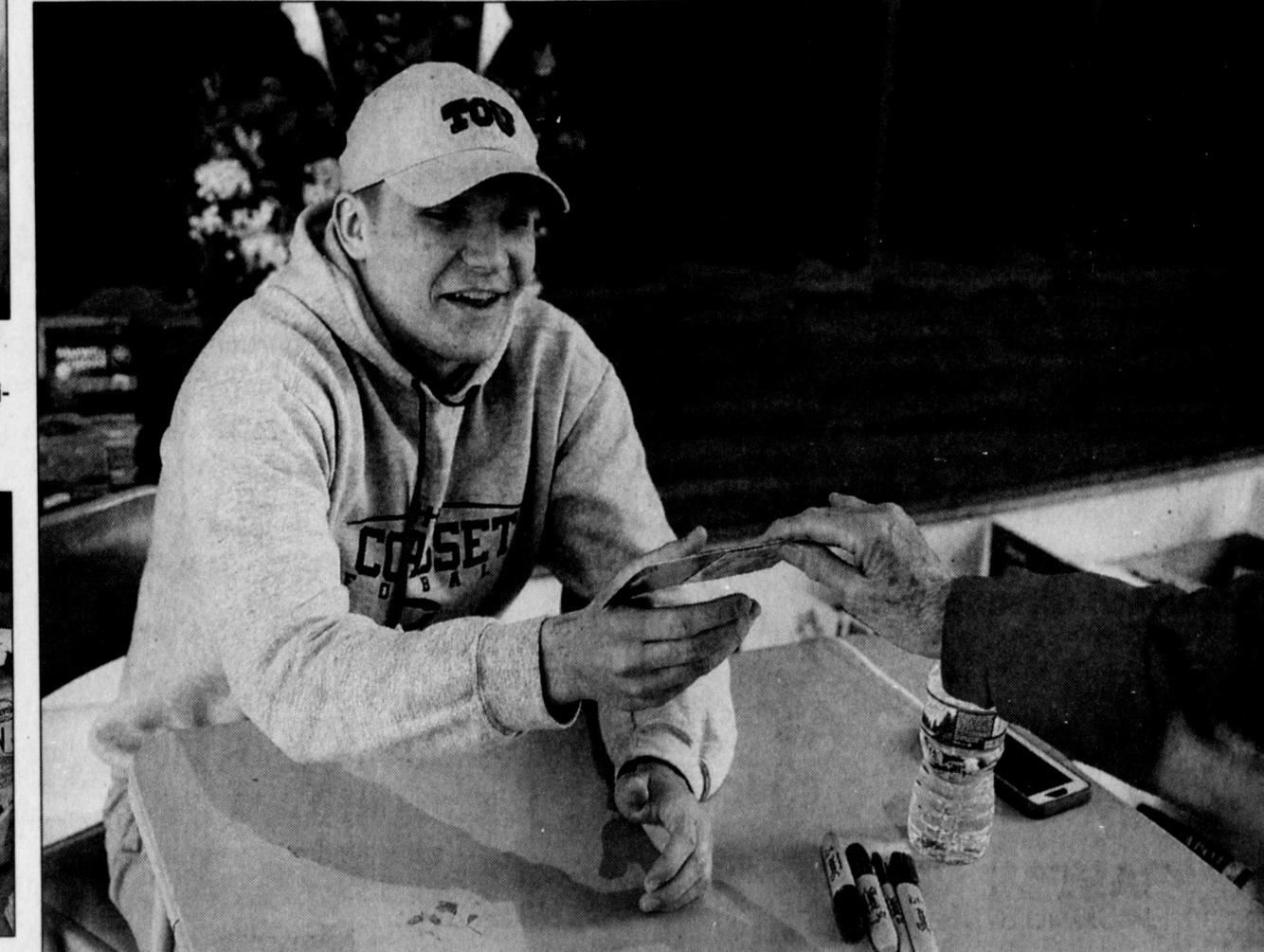
Staff photos by Robin Chan



Sophomore Andrew McSheffrey organizes the donated items after it was dropped off at St. Anthony's Parish Hall while helping out at Pantry Palooza on Saturday.



Seniors Madeline Littlejohn and Danielle Picot help make signs to post outside St. Anthony's so more people know about Pantry Palooza.



Senior Connor Curran receives a gift card donation from his grandmother while collecting money and items for the food pantry.

WILD COHASSET

Good weeds: Dandelions are good for your yard



Dandelions:
Honeybees love them as much as humans hate them. But, dandelions really can help your lawn.

Alpha Waldo Emerson said, "a weed is a plant whose virtue hasn't been discovered." I realize that trying to get hard-core grass lovers to embrace weeds is a hard sell, but before you yank that weed, please consider the following ways that "uninvited guests" can keep your garden beautiful and your environment healthy. (And even if I don't convince you, please consider attacking an offensive weed by dousing it with boiling water from a narrow teapot spout instead of spraying it with Round Up, which has been linked to cancer and is very toxic to wildlife).

■ Clover: It feeds bees, and you've heard that they need all the help they can get right now, right? But you might not know that clover is so good at helping fertilize the soil that it used to be included in commercial grass mixes. It is a nitrogen fixer, which means that it pulls nitrogen from the air and converts it to substances which feed the soil. Clover attracts earthworms, which provide beneficial little tunnels of air and moisture around your plants' roots. It retains more moisture than it uses, acting like green mulch. And finally, rabbits love clover, so they will often nibble on it instead of on your more prized plants.

■ Dandelions: Honeybees love them as much as humans hate them.

But, dandelions really

can help your lawn. First, their roots give off

grass-enriching minerals and nitrogen into the soil.

Then, as these long

roots break up hard soil

deep into the ground,

they allow easier access to

those nutrients to all the

other plants around them.

Dandelions also repel army-worm caterpillars

that will devour just about everything green in its path. To limit them from completely taking over, mow often to keep them from going to seed.

■ Mugwort: Don't know

if you have this in your

yard? Trust me, you do.

This plant is like an envi-

ronmental clean-up crew,

absorbing heavy metals

and nitrogen into the

soil. Then, as these long

roots break up hard soil

deep into the ground,

they allow easier access to

those nutrients to all the

other plants around them.

Mugwort repels leaf-

eating moths from your

garden, replenishes soil

that is lacking nutrients,

and is great to prevent



Mugwort cleans the soil and has attractive pink flowers. [COURTESY PHOTO]

that we're dedicating one day this spring to trying to combat it. For more information about the May 7th event, which will station volunteer weeder for 1-2 hour shifts at sites like Holly Hill Farm, Wheelwright Park and in our own village center, please go to WildCohasset.org.

-Lisey Good is a Cohasset resident and one of the founders of Wild Cohasset, an environmental group of volunteers dedicated to keeping the wild spaces of Cohasset beautiful and healthy, with a major focus on rooting out non-native plants.

erosion on steep slopes.

These plants prove that a 'weed' is actually just a value judgement. How-

ever, there is one plant

that I absolutely do recom-

mend rooting out:

■ Garlic Mustard. Garic

Mustard harms our native

plants and is such a threat

to Cohasset's wild spaces

that we're dedicating one

day this spring to trying

to combat it. For more

information about the May

7th event, which will sta-

tion volunteer weeder for

1-2 hour shifts at sites like

Holly Hill Farm, Wheel-

wright Park and in our own

village center, please go to

WildCohasset.org.

cohassetma.org click Forms and Permits, click Cohasset Committee application). They must be submitted by May 15th to the Selectmen's

office at Town Hall.

BRIEFLY

Elder Affairs associate member sought

The Council of Elder Affairs is currently offering a volunteer opportunity to a member of our community as an associate member of the Board of Directors. This person will fully participate in the growth and development of the CEA's mission, programs, and future for seniors here in Cohasset.

The candidate will bring fresh ideas, focused energy, and a sense of humor to our group. Some experience in media and communications is desirable but not required.

Applications can be

obtained on line (www.

cohassetma.org click Forms

and Permits, click Cohasset Committee application).

They must be submitted by

May 15th to the Selectmen's

office at Town Hall.

Remember
ONLY YOU CAN
PREVENT WILDFIRES.
smokeybear.com



Enjoy Your Dream Basement Now!

Surprisingly Affordable and Finished In
About 2 Weeks!



Turn your dingy basement
into your family's favorite play space!

Unmatched
Owens Corning Basement
Finishing Systems
resist mildew and mold!

\$2500 OFF
Complete Finished Basement

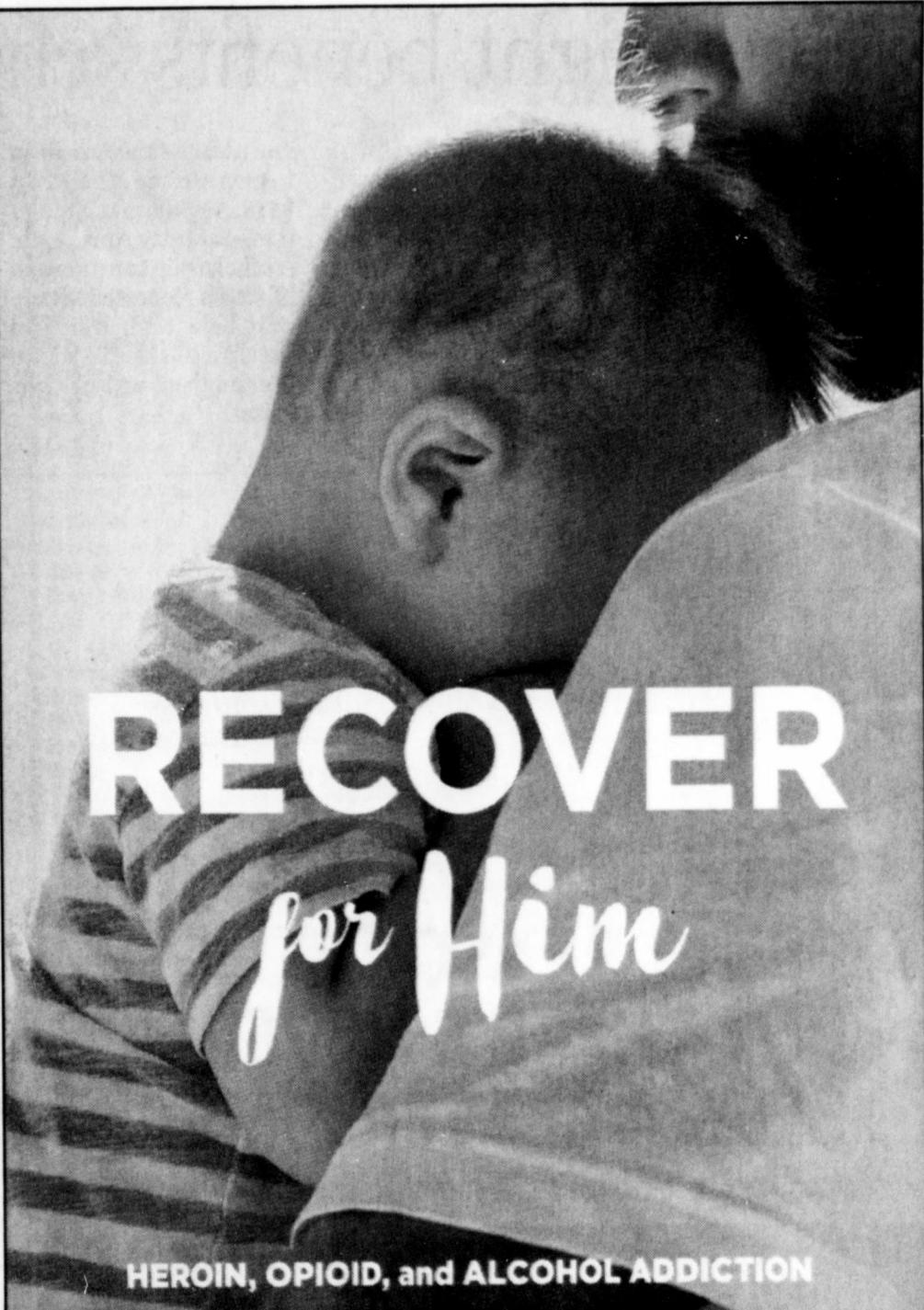
Valid with this ad only. New customers only.
Not valid with other promotional offers
or previously scheduled projects.
Please present at time of appointment.

FINANCING AVAILABLE

Call TODAY for a FREE (617) 206-3071
Consultation & Estimate!

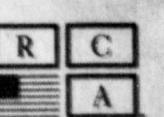
OWENS CORNING BASEMENT FINISHING SYSTEM Available Exclusively Through LUX RENOVATIONS, LLC

THE PINK PANTHER™ & ©1964-2015 Metro-Goldwyn-Mayer Studios, Inc. All rights reserved. The color PINK is a registered trademark of Owens Corning. ©2015 Owens Corning. All rights reserved.



CALL 1-800-RECOVERY

Addiction is a chronic disease. Not a personal failure. At Recovery Centers of America, our mission is to save 1,000,000 lives, one neighborhood at a time. If someone you know is suffering from heroin, opioid, and alcohol addiction, call 1-800-RECOVERY today. And recover more than you can imagine.



Recovery Centers of America

www.180RECOVERY.com

AROUND TOWN

Quests, honor rolls, art and baseball

Happy Easter

Hi there Cohasset, I would like to wish you all a Happy and joyous Easter weekend in whatever way you and your families choose to celebrate. The weather is slowly starting to cooperate, flowers are blooming and although it looks a bit cooler in the future than the past few days, as long as the sun peeks out, life will be OK.

We are also heading into a school vacation for most of the schools on the South Shore if not all and it begins with not only Easter on Sunday but on Monday, we have the Boston Marathon taking place, bringing a huge release of feelings for many reasons. Good luck to all who are running, working, cheering and behind the scenes! Be safe and enjoy the day!

**Quests at
Holly Hill**

Hooray, the New South

LIFE AT CHS

Pantry Palooza was a huge success!

Finally it truly feels like springtime in New England! With CHS students racing their cars out of the student parking lot to grab a prime spot at the beach, it seems as though the weather will continue this way until summer, give or take a few showers and cold spells.

Seniors recently broken out the outdoor seating in the courtyard in which we can utilize during lunch and break. Permitted by the warm weather, only a certain amount of tables exist



left on every senior's mental countdown to freedom. I am pleased to report that Pantry Palooza this past Saturday was an incredible success. With the help of the generous and always reliable volunteers of Cohasset, we were able to collect massive amounts of food filling 22 wine case boxes of canned goods and desperately needed supplies.

I'd like to point out that I collected those boxes at Curtis Liquors since they are free to take, not because my family hasn't been to the

dump in a while. These boxes were filled to the brim and the Cohasset Food Pantry is now stocked with a variety of goods from which many in need will benefit.

I would like to specially thank Danielle Piot, Madeline Littlejohn, and Andrew McSheffrey for volunteering their Saturday morning to help collect and organize donated goods. Also a huge thank you again to Father Mulvihill for letting us use the Parish Center.

To all of my readers of this column that made the

effort to donate last weekend, the Cohasset Food Pantry and Cohasset community are truly grateful. There are many more people I would like to thank that had critical roles in the success of Pantry Palooza but then I would be over my word count for the column so I must continue.

Lastly, Boy's Lacrosse had an impressive showing Monday night playing Catholic Memorial at the Skipper Drome. CM broke away with a 7-1 lead over our boys in blue, but the Skippers slowly clawed their way back to win

an exciting 14-13 final score. This game not only sets the tone for the rest of the season beating a formidable foe, but also establishes Cohasset as ranked 13th in the state. Keep up the good work men.

With that, the end of the week has finally arrived and our hard working, selfless CHS scholars can have a much-deserved week off as spring break begins April 14th.

Connor Curran is a senior at Cohasset High and a regular columnist.

DON'T MISS THIS

Trivia night benefits scholarship

As it has for the past many years, the Cohasset Democratic Town Committee will again award the Joseph F. Walsh III Memorial Scholarship to a deserving student. Please join them and show your smarts for a Cohasset graduating senior at our

scholarship fundraiser. This scholarship is available to a Cohasset student attending any school, private or public. This evening of fun and conviviality will be led by trivia maven and Cohasset resident, Charlotte Reel as quiz master. Create your own team or

join a team at the American Legion, George Mealy Post #118, 98 Summer St. at 7 p.m., Saturday April 29th. A scholarship contribution of \$20 is requested. There will be a cash bar and snacks available. To add to the fun there will be door prizes!

Tickets can be purchased at the door or call John Chapman at 781-383-1565, or Peter Pescatore 781-383-2660. Please come for what has been a fun and entertaining evening with a chance to make some new acquaintances.

The Social Service League of Cohasset is offering a \$1000 scholarship to any Cohasset senior interested in pursuing a career in community service. The disciplines include, but are not limited to, social work, psychology, community organization, medicine, nursing, etc.

Please contact either Elinore Barrett, ekb424@aol.com or Tana Carlson, Tcarlson1@aol.com and an application will be sent to you.

This award is need blind and applications must be submitted no later than May 1.

SCOTTS ANNUAL LAWN CARE EVENT NOW EXTENDED THROUGH APRIL 22

Scotts LawnPro 4-Step Program

5,000 Sq. Ft. \$59.99 after \$20 Instant Rebate with card Limit 2 Rebates You Pay \$79.99

15,000 Sq. Ft. \$149.99 after \$50 Instant Rebate with card Limit 2 Rebates You Pay \$199.99

STEP1 Early Spring - February - April Craygrass Preventer Plus Lawn Food 7315799

STEP2 Late Spring - April - June Weed Control Plus Lawn Food 7315800

STEP3 Summer - June - August Lawn Food W/ 2% Iron 7315801

STEP4 Fall - August - Nov. Fall Lawn Food 7302

GET A \$10 Hingham Lumber Gift Card with purchase of Scotts 5k 4-Step Program Valid April 1-22, 2017

OR A \$20 Hingham Lumber Gift Card with purchase of Scotts 15k 4-Step Program

ONLY AT ACE INSTANT SAVINGS! SEE STORE FOR DETAILS!

Serving the South Shore's Homeowners and Builders for More than 70 Years

www.hinghamlumber.com Rte. 3A, Cohasset

781-749-4200

Find us on Facebook Twitter

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

NO JOINER'S FEE APRIL 1-30

Enjoy priority registration and reduced pricing for programs as a Y member. Spring Program registration opens April 11th for members and April 14th for non-members.

SOUTH SHORE YMCA | ssymca.org

NWCHN13548074

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

NWCHN13548074

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

CELEBRATING OUR 70TH YEAR! SINCE 1947

SOUTH SHORE YMCA | ssymca.org

MONDAY-FRIDAY 7AM-7PM SATURDAY 8AM-5PM

Don't Trade in your Chance to Give.

Donate your unwanted vehicle to Special Olympics Massachusetts. 1-800-590-1600 | www.RecycleforGold.org

YES! You may be able to receive a tax deduction. *restrictions may apply

Special Olympics Massachusetts

Challenge Your Expectations

MEMORY CARE AT ALLERTON HOUSE



Resident Artwork
Alternative Art Program



OUR BEAUTIFUL, BRIGHT, ASSISTED LIVING MEMORY CARE NEIGHBORHOOD FEATURES:

- Dedicated Program Director
- Enrichment activities 10 hours daily with Activity Staff
- Dedicated social, recreational & fitness programs

Allerton House

Traditional Assisted Living & Memory Care

15 Condit Road
Hingham, MA 02043
www.welchhrg.com

Call or email Carol today for a personal visit & complimentary luncheon at 781-749-3322 or ctaylor@welchhrg.com



GIMME SHELTER



Bingo is an adorable little furball! [COURTESY PHOTOS]

By Jamie Baranow

Roberta and Bingo are a mother and son duo who is looking for their forever home. They will be spayed, neutered, up to date on shots and ready to go.

Robert is a one-and-a-half-year-old shorthaired tabby with grey and beige fur, a white chest, and striking green eyes. She has just finished weaning her kitten, Bingo and they are currently soaking up love in a foster home while waiting for their forever home.

Robert comes right up to you and gives you chirps and purrs. She is playful and confident and you will love her when you meet her. This adorable, loving pair was abandoned leaving Roberta to fend for herself and little Bingo.

Bingo is an 8-week-old longhaired tuxedo cat with a wonderful temperament and personality. He is playful and curious and

he loves playing, napping, and snuggling. This little fluff-ball will win you over the second you meet him.

This dynamic duo is looking to find their forever home together and will be the perfect addition to any home. Could yours be the forever home that they are desperately waiting for? You can learn more about Roberta, Bingo, and our other adoptable cats by visiting us online at www.hsar.org. If you are interested in this pair, call 781-534-4902.

Hull Seaside Animal Rescue is a no-kill cat shelter that relies solely on donations, grants, and fundraising. We have cool t-shirts and hats for sale, participate in Amazon Smile, accept donations on hsar.org, by mail or at open hours, and gladly accept returnable can and bottle donations. Check out our website for details on how you can help.

During the first three weeks, members of the class

sugar regulation and how the body's inability to process the amount of sugar in the American diet can lead to diabetes.

After detoxing, said Gordon, a little sugar starts to go a long way. A few bites of dessert will be more than enough, and a Granny Smith apple, known for its tart flavor, will taste much more sweet.

As the group starts to reintroduce natural and unprocessed sugars in weeks four and five, they'll learn about fats and carbs. Did you know that some fats are

actually good for you?

Gordon compared fats to logs on a fire.

Sure, you can keep throwing kindling (carbs) into the flames, but you'll get a better, longer-lasting burn if you add something more substantial,

and that's fats.

Restart is a lifestyle approach, not a diet. There are no pills, shakes, or meal replacements.

According to Gordon, that's why it works in the long run.

"It's all just about real food,"

said Gordon. "It's sustainable because you can apply and adapt it. My hope is that they feel so great doing it these five weeks that they want to do it forever."

Sara Gordon is certified as a nutritional therapy practitioner and is one of 430 certified Restart instructors worldwide.

[COURTESY PHOTO BY ALISA COLE PHOTOGRAPHY]

will cut out sugar – both artificial and natural – as they learn how digestion works from head to stomach, including the importance of resting and eating in a peaceful state.

They'll learn about blood

regulation and how the body's inability to process the amount of sugar in the American diet can lead to diabetes.

After detoxing, said Gordon, a little sugar starts to go a long way. A few bites of dessert will be more than enough, and a Granny Smith apple, known for its tart flavor, will taste much more sweet.

As the group starts to reintroduce natural and unprocessed sugars in weeks four and five, they'll learn about fats and carbs. Did you know that some fats are

actually good for you?

Gordon compared fats to logs on a fire.

Sure, you can keep throwing kindling (carbs) into the flames, but you'll get a better, longer-lasting burn if you add something more substantial,

and that's fats.

Restart is a lifestyle approach, not a diet. There are no pills, shakes, or meal replacements.

According to Gordon, that's why it works in the long run.

"It's all just about real food,"

said Gordon. "It's sustainable because you can apply and adapt it. My hope is that they feel so great doing it these five weeks that they want to do it forever."

Sara Gordon is certified as a nutritional therapy practitioner and is one of 430 certified Restart instructors worldwide.

[COURTESY PHOTO BY ALISA COLE PHOTOGRAPHY]

will cut out sugar – both artificial and natural – as they learn how digestion works from head to stomach, including the importance of resting and eating in a peaceful state.

They'll learn about blood

regulation and how the body's inability to process the amount of sugar in the American diet can lead to diabetes.

After detoxing, said Gordon, a little sugar starts to go a long way. A few bites of dessert will be more than enough, and a Granny Smith apple, known for its tart flavor, will taste much more sweet.

As the group starts to reintroduce natural and unprocessed sugars in weeks four and five, they'll learn about fats and carbs. Did you know that some fats are

actually good for you?

Gordon compared fats to logs on a fire.

Sure, you can keep throwing kindling (carbs) into the flames, but you'll get a better, longer-lasting burn if you add something more substantial,

and that's fats.

Restart is a lifestyle approach, not a diet. There are no pills, shakes, or meal replacements.

According to Gordon, that's why it works in the long run.

"It's all just about real food,"

said Gordon. "It's sustainable because you can apply and adapt it. My hope is that they feel so great doing it these five weeks that they want to do it forever."

Sara Gordon is certified as a nutritional therapy practitioner and is one of 430 certified Restart instructors worldwide.

[COURTESY PHOTO BY ALISA COLE PHOTOGRAPHY]

will cut out sugar – both artificial and natural – as they learn how digestion works from head to stomach, including the importance of resting and eating in a peaceful state.

They'll learn about blood

regulation and how the body's inability to process the amount of sugar in the American diet can lead to diabetes.

After detoxing, said Gordon, a little sugar starts to go a long way. A few bites of dessert will be more than enough, and a Granny Smith apple, known for its tart flavor, will taste much more sweet.

As the group starts to reintroduce natural and unprocessed sugars in weeks four and five, they'll learn about fats and carbs. Did you know that some fats are

actually good for you?

Gordon compared fats to logs on a fire.

Sure, you can keep throwing kindling (carbs) into the flames, but you'll get a better, longer-lasting burn if you add something more substantial,

and that's fats.

Restart is a lifestyle approach, not a diet. There are no pills, shakes, or meal replacements.

According to Gordon, that's why it works in the long run.

"It's all just about real food,"

said Gordon. "It's sustainable because you can apply and adapt it. My hope is that they feel so great doing it these five weeks that they want to do it forever."

Sara Gordon is certified as a nutritional therapy practitioner and is one of 430 certified Restart instructors worldwide.

[COURTESY PHOTO BY ALISA COLE PHOTOGRAPHY]

will cut out sugar – both artificial and natural – as they learn how digestion works from head to stomach, including the importance of resting and eating in a peaceful state.

They'll learn about blood

regulation and how the body's inability to process the amount of sugar in the American diet can lead to diabetes.

After detoxing, said Gordon, a little sugar starts to go a long way. A few bites of dessert will be more than enough, and a Granny Smith apple, known for its tart flavor, will taste much more sweet.

As the group starts to reintroduce natural and unprocessed sugars in weeks four and five, they'll learn about fats and carbs. Did you know that some fats are

actually good for you?

Gordon compared fats to logs on a fire.

Sure, you can keep throwing kindling (carbs) into the flames, but you'll get a better, longer-lasting burn if you add something more substantial,

and that's fats.

Restart is a lifestyle approach, not a diet. There are no pills, shakes, or meal replacements.

According to Gordon, that's why it works in the long run.

"It's all just about real food,"

said Gordon. "It's sustainable because you can apply and adapt it. My hope is that they feel so great doing it these five weeks that they want to do it forever."

Sara Gordon is certified as a nutritional therapy practitioner and is one of 430 certified Restart instructors worldwide.

[COURTESY PHOTO BY ALISA COLE PHOTOGRAPHY]

Call for a free in home design consultation and estimate
855-239-4392

www.closetsbydesign.com
MA Lic #119162 and Insured
2015 © All Rights Reserved. Closets by Design, Inc.



Follow us



RiverSmart
Be RiverSmart about things you do at home.
A River Network Project
Supported by CRWA
Presented by Swiss Re

MA Reg. #146589
• BB Reg. #25463
• CT Reg. #6065216
• 3.8 BBB Rating
as of 2/27/16

A
P
R
1
4
2
0
1
7

Friday, April 14, 2017

COHASSET MARINER • COHASSET.WICKEDLOCAL.COM

LOCAL GEM

'Restart' program helps overall health

By Amanda C. Thompson
atthompson@wickedlocal.com



"It's sustainable because you can apply and adapt it. My hope is that they feel so great doing it these five weeks that they want to do it forever."

Sara Gordon

You may have started spring cleaning in your house or yard, but what about in your body? Starting April 26, Hingham resident Sara Gordon will lead a five-week "Restart" program at Gigi's Crafty Place to help locals kick off a healthy summer.

For many, this time of year is about getting that "bikini body" ready, and Restart can help with that, but weight loss isn't the focus, said Gordon. It's about practicing moderation, beginning with a sugar detox, and learning how to be holistically healthy, not just skinny.

"It's a lot of work to stay healthy," said Gordon. "The way society is structured is working against you in a lot of ways. You have to be your own advocate."

During the first three weeks, members of the class

will cut out sugar – both artificial and natural – as they learn how digestion works from head to stomach, including the importance of resting and eating in a peaceful state.

They'll learn about blood

regulation and how the body's inability to process the amount of sugar in the American diet can lead to diabetes.

After detoxing, said Gordon, a little sugar starts to go a long way. A few bites of dessert will be more than enough, and a Granny Smith apple, known for its tart flavor, will taste much more sweet.

As the group starts to reintroduce natural and unprocessed sugars in weeks four and five, they'll learn about fats and carbs. Did you know that some fats are

actually good for you?

Gordon compared fats to logs on a fire.

Sure, you can keep throwing kindling (carbs) into the flames, but you'll get a better, longer-lasting burn if you add something more substantial,

and that's fats.

Restart is a lifestyle approach, not a diet. There are no pills, shakes, or meal replacements.

According to Gordon, that's why it works in the long run.

"It's all just about real food," said Gordon. "It's sustainable because you can apply and adapt it. My hope is that they feel so great doing it these five weeks that they want to do it forever."

Sara Gordon is certified as a nutritional therapy practitioner and is one of 430 certified Restart instructors worldwide.

[COURTESY PHOTO BY ALISA COLE PHOTOGRAPHY]

will cut out sugar – both artificial and natural – as they learn how digestion works from head to stomach, including the importance of resting and eating in a peaceful state.

They'll learn about blood

regulation and how the body's inability to process the amount of sugar in the American diet can lead to diabetes.

After detoxing, said Gordon, a little sugar starts to go a long way

OPINION

QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or mford@wickedlocal.com.

OUR VIEW

Charity runners are special breed

Next Monday, 30,000 athletes will line up around 10 a.m. in Hopkinton and begin a 26.2-mile journey to the finish line of the 121st Boston Marathon on Boylston Street, adjacent to the Boston Public Library.

The elite marathoners, those who blast through a single mile in a 4:40 clip, will likely arrive at the finish in a little over two hours. The qualifiers will follow in 2-½, three or four hours, and the charity runners, many running their first marathon, could struggle for five, six hours or more.

One of the beauties of the Boston Marathon is that it's one of the few, if not the only, athletic endeavor where amateurs and professionals compete on the same course at the same time.

Thanks to the marathon's charity program, now entering its 29th year, ordinary Joes—around 6,000 runners—who dream of competing in this famed event have the opportunity to do so, while raising millions of dollars for worthwhile causes.

Last year, the charity program surpassed the \$193.5 million mark in total funds raised since

BRIEFLY

Closed for the holiday

The Recycling Transfer Facility will be closed on Sunday, April 16th, in observance of Easter.

Cohasset Mariner

73 South St., Hingham, MA 02043

cohasset.wickedlocal.com

Mary Ford Editor
Questions about news coverage or our Wicked Local website?
Call 781-741-2933 or email cford@wickedlocal.com.

Amanda Thompson Multimedia Journalist
Got a news tip?
Call Amanda at 781-741-2935 or email atompson@wickedlocal.com.

William Wassersug Sports Editor
Questions about sports coverage?
Call Will at 781-837-4577 or email wwassersug@wickedlocal.com.

Fred Seigel Multimedia Sales Representative
Questions about retail advertising?
Call Fred at 781-837-4519 or email fseigel@wickedlocal.com.

Maribeth Kane Real Estate Advertising Specialist
Questions about real estate advertising?
Call Maribeth at 781-637-4561 or email mkane@wickedlocal.com.

Mark Oliveri Publisher
Lisa Stratton Executive Editor
Gregory Natus Executive Director of News & Operations
Linda P. Vahala Special Publication Director
Todd P. Finnerane Production Director
Christopher Avis Advertising Manager
Bill Fonda Director of Print Production
John Walker Director of Visual Media
Nicole Simms Director of Digital

Billing Inquiries 1-888-MYPAPER (888-697-2737)
Reprint Orders 1-866-746-8603
Legal Sales 1-800-624-7355 ext. 7967
Classified Sales 1-800-624-7355 Fax 881-453-6650
Editorial FAX 781-837-4543

Subscriptions: \$7.95* for up to 52 weeks in town, \$9.95** out of town
*Offer valid for in-town delivery within the newspaper distribution area for new subscribers only. A new subscriber is one who has not had an active subscription in the past 12 months. This offer entitles you to the regular \$5.95 activation fee for new subscribers but does not include the charges for any premium editions or for all subscribers. Premium editions are published to provide additional information and value to our readers. You agree that you will be charged the regular \$2.00 for each premium edition and the activation fee for each new subscriber you add, in addition to the cost of your subscription. The length of your subscription will be shortened by the publication of premium editions if those premium editions are delivered to you during your subscription period. If you do not request separate billing for premium editions, the length of your subscription will be shortened proportionally to the number of premium editions published and delivered during your subscription period. If you are a subscriber of 12 months or less, a cost of \$4.00, and two more premium editions are published and delivered to you during that subscription period, your subscription will be shortened by 1 week because the length of the subscription is \$4.00 per week and the activation fee is \$2.00. Premium editions are delivered to you during your subscription period and the timing of publication and delivery of premium editions, you will not be charged for any premium editions if none are published and delivered to you during your subscription period. As such, in that case only, the length of your subscription will be shortened proportionally to the number of premium editions published and delivered during your subscription period.

There will be no more than eight premium editions published in the 2017 calendar year. Please see explore.mypaperday.com/premiums for examples of premium editions. By submitting your address and/or email, you understand that you may receive promotional offers from third parties.

You may opt out of receiving any such offers at any time by contacting us at delivery@mypaperday.com or PO Box 699198 Quincy, MA 02269-9933.

*Customer service: Contact 1-888-MYPAPER (888-697-2737) to start/stop home delivery; to report delivery problems or for vacation stops or other inquiries. You can also visit <https://explore.mypaperday.com>. Hours: Monday-Friday, 6 a.m. to 7 p.m.; Saturday, Sunday and holidays, 8 a.m. to noon.

MISS YOUR PAPER? If you did not receive your newspaper please call 888-697-2737 during the hours listed above. Redelivery not available in all areas.

Fax: 617-786-7381 E-mail: delivery@mypaperday.com

POLICIES Advertisers should check their ads each week. The newspaper assumes no financial responsibility for typographical errors in advertisements, but will reprint without charge if the error is discovered and payment is made. If an error occurred, the error was that of the newspaper and the newspaper is notified immediately. This newspaper assumes no financial responsibility for photographs reproduced in the newspaper, although every effort will be made to return original prints in good condition upon request.

©GateHouse Media New England. All rights reserved.

HOW TO SUBMIT

Letters must be original and signed. Include the writer's address and phone number for verification. Letters may be edited. Send letters to Mary Ford, 73 South St., Hingham, MA 02043, cohasset.wickedlocal.com, or fax to 781-741-2931.



COMMENTARY

Business case against high stakes testing

By Diane Danielson

Thank you Bob Erlandsen (Cohasset teacher) for speaking up about high stakes testing and the importance of having an open dialogue (Cohasset Mariner, 4-7-17). I'd like to participate in that dialogue, as both a parent and an employer.

High stakes testing does not prepare our children for employment.

Employment in the next decade will look very different than today. Routine jobs will be automated. This will go far beyond manufacturing to include underwriting, accounting, financial analysis, legal work, and many other traditionally well-paid professions. If it can be outsourced, then it will be automated. What skills will remain in demand?

Just this week, I sat in a meeting with

What skills will remain in demand? Critical thinking, communication, and the ability to adapt to constant change.

Critical thinking, communication, and the ability to adapt to constant change.

Teaching to the test is teaching our kids nothing more than to follow a predefined set of rules. Yet, machines today already learn, process and follow rules with more accuracy and at faster speeds than any human. Successful employees will be those who can communicate and act when rules are not clearly defined, do not exist, or no longer apply. We need employees who create the rules that can then be automated, and to work alongside automation and artificial intelligence as it develops.

Mr. Erlandsen nailed it when he said "standardized testing hurts all students by de-emphasizing the learning process (which includes failure) and valuing only the

result." (Mariner 4-7-17) Teaching to the test is rote memorization and repetition for reward, in other words, automation. Failure, by contrast, is an essential element of critical thinking, adaptability, resiliency and grit.

Cohasset schools do a terrific job with teaching communication skills, and this is an advantage our students take with them into the workforce. But, all of us (students, teachers, parents, employers and the Commonwealth of Massachusetts) would benefit far more if we could incorporate a curriculum that allows teachers and students the freedom to think outside of the checkbox.

—Diane K. Danielson is Chief Operating Officer, SVN International Corp., 38 Jerusalem Road.

A
P
R

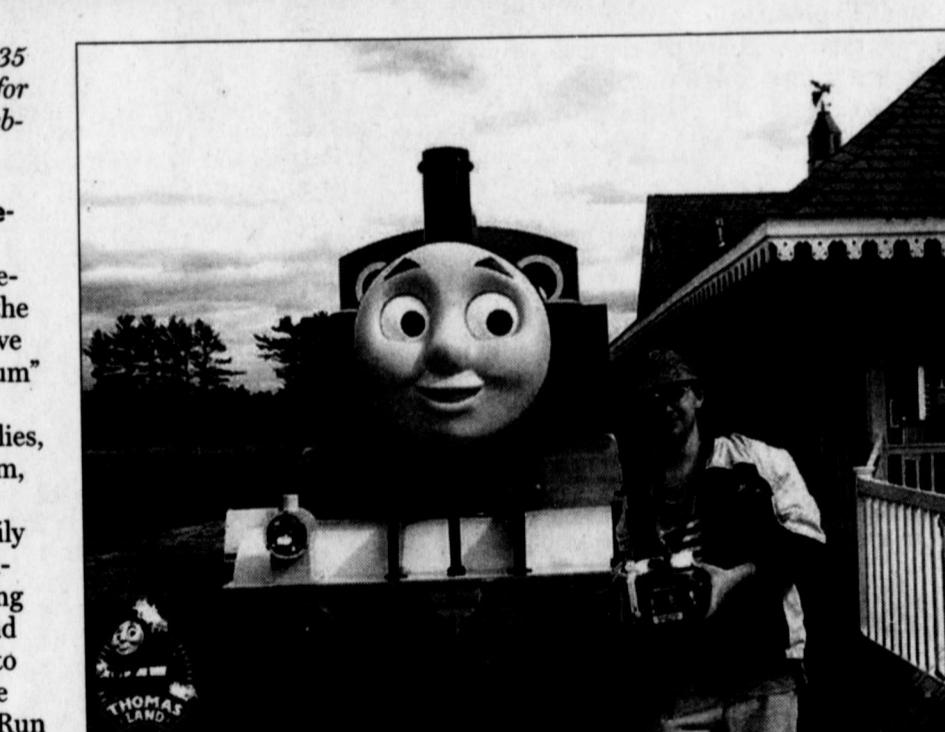
1
4

2
0
1
7

LIBRARY CORNER

Observing National Autism Awareness Month

Paul Pratt Memorial Library, 35 Ripley Road. Call 781-383-1348 for more information or visit our website at www.cohassetlibrary.org.



Chris Hall, founder and CEO of Computers for the Autistic Foundation, will give a talk on Saturday, April 29th at the library. [COURTESY PHOTO]

Marshfield and train enthusiast, Chris Hall, will give a talk about the history of the Greenbush railroad on the South Shore of Massachusetts on Thursday, April 27, at 7 p.m. Free admission. This program is sponsored in part by the Massachusetts Board of Library Commissioners and the Institute for Museum and Library Services.

Sunday Author Talks: Our last

author of the 2016-17 Sunday Author Talks season will be Juliet B. Schor on Sunday, May 7th at 4 p.m. Ms. Schor will give a talk about her book "True Wealth." A wine & cheese reception will follow the talk. Free admission. Seating is limited. Sunday Author Talks is sponsored by Dean & Hamilton Realtors, Goodale Insurance, and A Taste For Wine & Spirits.

POLITICAL EVENT

Norfolk County Republicans to honor volunteers

The Norfolk County Republican Committee will honor Mass. Fiscal Alliance, with additional guest speakers soon to be announced.

In addition to the award ceremony, the event will feature a dinner buffet,

cash bar, silent auction and entertainment. Every city/town in Norfolk County will be represented, and the committee welcomes any additional guests. Tickets are \$50 per

person or \$45 if reserved before April 20. Mail checks to NCRC/PAC, P.O. Box 69081, Quincy, MA 02269. RSVP: Richard.Pilla@gmail.com; <http://NorfolkCountyRepublicans.com>.

■ June 10: Hingham, Plymouth River School, 200 High St.

■ June 17: Scituate/ Cohasset **, Scituate Highway Dept., 68 Capt. Pierce Rd. **

■ Latex paint will only be accepted at these two events, and must be in usable condition. It will be recycled into new paint by The Paint Exchange of Rockland.

Residents of host and co-host towns may attend

their own town's collection at no charge, with proof of residency. Rockland and Weymouth allow their residents to attend all SSRC collections at the town's expense, with proof of residency.

Residents of host towns listed, and of the SSRC Member towns of Abington, Hanson, Norwell, and Whitman may attend any collection with a signed authorization form from their town's responsible department (Board of

Health, DPW, or Marine and Environment Dept.). Towns may limit subsidized quantities.

Residents from any town without authorization, and commercial generators, may attend with a check made out to Stericycle Environmental.

For details, including acceptable materials, please go to ssrcoop.info and click on "Hazardous Waste," go to your Town Hall for a flyer, or call 781-329-8318.

ART CENTER

Program is a big draw for schoolchildren

By Constance Gorinkle

The kids tumble into the South Shore Art Center in Cohasset, all fired up for their art lesson with the center's artist-in-residence, Lisa Goren. The 40 third-grade youngsters — accompanied by their teachers — are from the close-by Deer Hill School. Eventually, in this two-hour program, they're going to put brush to paper. But first they're going to a talk from Goren, which will range from a discussion about geography in the coldest parts of the world to how to make paint float on its own

adventure for Goren, who has managed to combine art and science into beautiful watercolors and an ongoing relationship with the most remote — and currently most vulnerable — parts of the world, due to climate change. She wears her concern about that crisis on her sweater, a little white snowflake.

Holding a globe, upon which she points out the areas under discussion, Goren quickly involves the youngsters in conversation, during which they display impressive knowledge about the Poles — their vastly different geographies, plant-life and animal-life. With its formation, its wild coldness, its wild variety of colors. So, naturally, she eventually had to go where there's more ice than anywhere else. That

is what would be Antarctica, in 1998, and years later, the Arctic, Iceland and Alaska.

Soon, one is aware that this talk is about a lifetime

on

bedrock and various

landforms, such as mountains, valleys and lakes, all surrounded by the ocean.

The stunning landscapes

Goren has confronted

on

her travels have been transformed by her into lovely abstract watercolors, pictures of which she shows on a screen to inspire the youngsters when they are dispersed throughout the center's two galleries. There, on numerous tables are all the tools they'll need to create their own works.

Following Goren's directions, they use pencils to divide their sheets of paper into separate areas so that there will be room for white spaces to remain on the page. Then, before they apply paint to each of these areas, they become a conduit for the paint to flow naturally into different shapes, not unlike what actually happens when water hardens into ice. After an hour

or so, the excited young artists finish their works, which they will bring home to proud parents.

The cost-free Artist in Residence Program at SSAC is one of the center's most innovative and valuable programs. Since it was established in 2004, roughly 12,000 students, in grades ranging from third to 12, have been able to learn from and work with artists in all media.

To an observer, this program works on many levels. It brings children into a place where art is created and on display; it gives them the opportunity to learn directly from an artist how his or her particular art developed, and through that person's enthusiasm and self-knowledge, find out how talent and inspiration can become a lifetime's

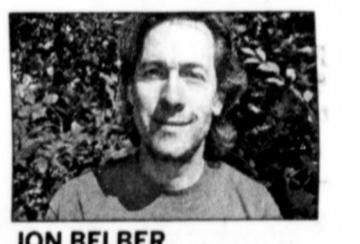
fulfilling pursuit.

The Artist in Residence Program is made possible by the generosity of many, among them the South Shore Music Circus, Pilgrim Bank, George Washington Toma, the Artist Resource Trust and the Hingham Institution for Savings.

—Constance Gorinkle is a regular contributor and columnist.

GROWING ON THE FARM

Happy Earth Month for planting, growing



We grow plants for nourishment. We seek organic seeds to sow. We stoke the fire at night to keep a semblance of warmth for the seedlings.

April 22nd is Earth Day. The week of April 17th is Earth Week. April is the green month for planting and growing. Spring is the time for cleaning out clutter and maybe having a yard sale.

The greenhouses at Holly Hill Farm are burgeoning with growth and seedlings. Hope is in the air. Baseball is back in the Fens. What a month to be aware and care for the environment, even if the climate is considered by advocates in the nation's capital, where extreme cold frosts 80 percent of the cherry blossoms. The cherry blossoms were an international gift, when it was lovely to see beyond our borders. And to think, how could the poet T.S. Eliot state that April is the cruellest month?

March was fairly cruel in its cold, grey days and frosty nights. The longer days of sunlight only yielded frost bitten garlic stems and shocked tulips. But farmers plod on.

We grow plants for nourishment. We seek organic seeds to sow. We stoke the fire at night to keep a semblance of warmth for the seedlings. We long for visitors and patrons at the farm to care for the year-round animals.

Groups of South Shore home-schoolers have journeyed to the farm to

UPDATE

Harbor Inn license renewed with warning

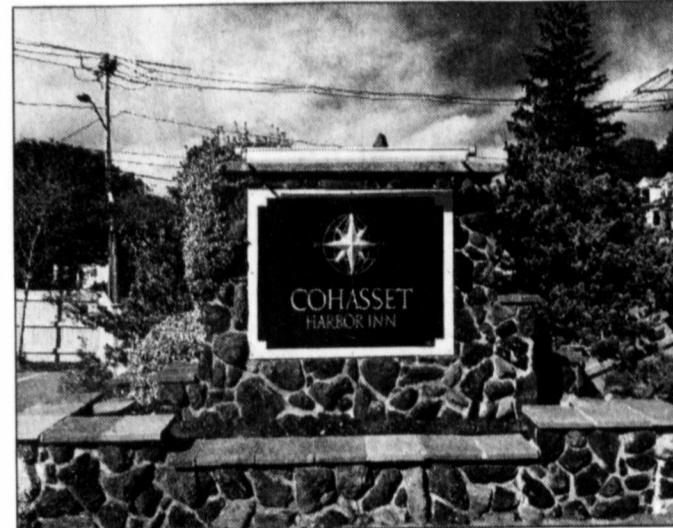
By Amanda C. Thompson
athompson@wickedlocal.com

On March 7, selectmen deliberated and found that the Cohasset Harbor Inn had committed two entertainment license violations during a series of incidents on Sept. 25, 2016.

Members voted 3-2 that the first incident of the night had been addressed and did not constitute a violation. The majority agreed, however, that the second two incidents represented an ongoing issue that was never actually resolved at any point in the night.

The board voted Wednesday, April 12 to renew the Inn's entertainment license through the end of the calendar year, but with a few caveats.

The board will be issuing a reprimand and warning to the licensee, notifying the



After much deliberation, selectmen found that two noise violations had been committed at Cohasset Harbor Inn on Sept. 25, 2016. The consequences were determined at a hearing on Wednesday, April 12. [WICKED LOCAL STAFF PHOTO]

establishment, urging them to exercise good judgment with regard to noise.

Second, due to the venue's location in a residential area, management is instructed to remind hosts and guests of this fact, particularly as they leave the

establishment, urging them to exercise good judgment with regard to noise.

As for the patio area (formerly the tapas restaurant Brisas), there is to be no amplified music at any time.

That doesn't mean that music can't be played at a higher volume inside, either

before or after 10 p.m. It just means music which could disrupt abutters must be contained. Windows and doors must be closed by 8 p.m. to facilitate this, and an employee should be designated to ensure this happens each night.

The board did not wish to prescribe measures such as the placement of sound-absorbing barriers, such as trees, around the venue, or to dictate which direction speakers should be facing. Members felt that getting involved in such details would be an overreach on their part.

"We're making clear what we want as an end result in terms of noise," said Chairman Kevin McCarthy. Members said that the previous owners had been able to manage noise in a way that was "harmonious to the neighborhood" without a dance floor.

Follow Amanda on Twitter for updates: @MarinerAmandaT

UPDATE

Cheers! Simply Smith's now serves wine, beer

By Amanda C. Thompson
athompson@wickedlocal.com

Did you know you can now enjoy a glass of wine at Simply Smith's? Cohasset's new upscale deli, located at 1 Pleasant Street, received its malt liquor license last month, allowing it to serve beer and wine with dinner.

Selectmen voted on Jan. 24 to approve the license, and the state gave its approval on March 7. The restaurant celebrated its new license by offering Guinness with corned beef dinners on St. Patrick's Day.

Owner and Manager Jean Sullivan went before selectmen in February to explain that the deli wasn't getting the business it wanted at dinnertime because it was only able to serve soda and water.

Sullivan said she had not held a liquor license before, but had taken the appropriate classes and hired three TIPS-certified wait staff, so there would always be someone on site who knew the regulations inside and out. She added that wine and beer would only be offered via table service; there is no bar.

"People like a glass of wine to accompany their prime rib dinner," said Sullivan. "It would bring more to the community."

The board was on her side. "We want our businesses to be successful," said Chairman Kevin McCarthy.

Simply Smith's is an old-fashioned dine-in deli service. That means it serves more than just subs and sandwiches. The deli also has a range of offerings from brunch to steak and lamb dinners. Everything is served by well-trained, multi-certified wait staff,

and dressings and flowers on every table create an upscale ambience.

The deli is open for lunch and dinner, 11 a.m. to 9 p.m., during the week. It's open until 10:00 p.m. on Friday and Saturday, with breakfast also available Saturday morning starting at 8 a.m. Breakfast and lunch are served from 8 a.m. to 3 p.m. on Sunday.

Follow "Simply Smith's at One Pleasant" on Facebook for more information and photos of menu items.

Chamillard spoke in favor of the increase, considering that the Town will likely be bonding other major

projects in 2021, including the public safety buildings and the new or renovated Town Hall. Bundling in another large project could have a negative impact on the Town's bond rating, he said.

Carlson spoke against the increase, feeling that the new membrane should be paid for by those who will be using it – that is, residents living in Cohasset between 2021 and 2031.

"Users today are paying for the one they've got," he said. "For me, it's a matter of equity that the people who are using it should pay for it."

He added that keeping the rate at \$9.51 in the coming years would enable the Town to pay for future membrane replacements without bonding.

Follow Amanda on Twitter for updates: @MarinerAmandaT

Selectmen wondered if a compromise might be possible. Could the sewer rate go up by a smaller amount, or in increments, allowing the department to set aside part of the funds and bond the rest?

Board members felt the increase made sense to do, but would be a tough sell on the Annual Town Meeting floor. They'll make their recommendation on this and the land alteration bylaw on April 27, after Advisory Committee and Planning Board have weighed in.

Regardless of their recommendations, voters will have the final say at Annual Town Meeting on Monday, May 1.

Follow Amanda on Twitter for updates: @MarinerAmandaT

Carlson spoke against the increase, feeling that the new membrane should be paid for by those who will be using it – that is, residents living in Cohasset between 2021 and 2031.

"Users today are paying for the one they've got," he said. "For me, it's a matter of equity that the people who are using it should pay for it."

He added that keeping the rate at \$9.51 in the coming years would enable the Town to pay for future membrane replacements without bonding.

Follow Amanda on Twitter for updates: @MarinerAmandaT

Carlson spoke against the increase, feeling that the new membrane should be paid for by those who will be using it – that is, residents living in Cohasset between 2021 and 2031.

"Users today are paying for the one they've got," he said. "For me, it's a matter of equity that the people who are using it should pay for it."

He added that keeping the rate at \$9.51 in the coming years would enable the Town to pay for future membrane replacements without bonding.

Follow Amanda on Twitter for updates: @MarinerAmandaT

Carlson spoke against the increase, feeling that the new membrane should be paid for by those who will be using it – that is, residents living in Cohasset between 2021 and 2031.

"Users today are paying for the one they've got," he said. "For me, it's a matter of equity that the people who are using it should pay for it."

He added that keeping the rate at \$9.51 in the coming years would enable the Town to pay for future membrane replacements without bonding.

Follow Amanda on Twitter for updates: @MarinerAmandaT

Carlson spoke against the increase, feeling that the new membrane should be paid for by those who will be using it – that is, residents living in Cohasset between 2021 and 2031.

"Users today are paying for the one they've got," he said. "For me, it's a matter of equity that the people who are using it should pay for it."

He added that keeping the rate at \$9.51 in the coming years would enable the Town to pay for future membrane replacements without bonding.

Follow Amanda on Twitter for updates: @MarinerAmandaT

Carlson spoke against the increase, feeling that the new membrane should be paid for by those who will be using it – that is, residents living in Cohasset between 2021 and 2031.

"Users today are paying for the one they've got," he said. "For me, it's a matter of equity that the people who are using it should pay for it."

He added that keeping the rate at \$9.51 in the coming years would enable the Town to pay for future membrane replacements without bonding.

Follow Amanda on Twitter for updates: @MarinerAmandaT

Carlson spoke against the increase, feeling that the new membrane should be paid for by those who will be using it – that is, residents living in Cohasset between 2021 and 2031.

"Users today are paying for the one they've got," he said. "For me, it's a matter of equity that the people who are using it should pay for it."

He added that keeping the rate at \$9.51 in the coming years would enable the Town to pay for future membrane replacements without bonding.

Follow Amanda on Twitter for updates: @MarinerAmandaT

Carlson spoke against the increase, feeling that the new membrane should be paid for by those who will be using it – that is, residents living in Cohasset between 2021 and 2031.

"Users today are paying for the one they've got," he said. "For me, it's a matter of equity that the people who are using it should pay for it."

He added that keeping the rate at \$9.51 in the coming years would enable the Town to pay for future membrane replacements without bonding.

Follow Amanda on Twitter for updates: @MarinerAmandaT

Carlson spoke against the increase, feeling that the new membrane should be paid for by those who will be using it – that is, residents living in Cohasset between 2021 and 2031.

"Users today are paying for the one they've got," he said. "For me, it's a matter of equity that the people who are using it should pay for it."

He added that keeping the rate at \$9.51 in the coming years would enable the Town to pay for future membrane replacements without bonding.

Follow Amanda on Twitter for updates: @MarinerAmandaT

Carlson spoke against the increase, feeling that the new membrane should be paid for by those who will be using it – that is, residents living in Cohasset between 2021 and 2031.

"Users today are paying for the one they've got," he said. "For me, it's a matter of equity that the people who are using it should pay for it."

He added that keeping the rate at \$9.51 in the coming years would enable the Town to pay for future membrane replacements without bonding.

Follow Amanda on Twitter for updates: @MarinerAmandaT

Carlson spoke against the increase, feeling that the new membrane should be paid for by those who will be using it – that is, residents living in Cohasset between 2021 and 2031.

"Users today are paying for the one they've got," he said. "For me, it's a matter of equity that the people who are using it should pay for it."

He added that keeping the rate at \$9.51 in the coming years would enable the Town to pay for future membrane replacements without bonding.

Follow Amanda on Twitter for updates: @MarinerAmandaT

Carlson spoke against the increase, feeling that the new membrane should be paid for by those who will be using it – that is, residents living in Cohasset between 2021 and 2031.

"Users today are paying for the one they've got," he said. "For me, it's a matter of equity that the people who are using it should pay for it."

He added that keeping the rate at \$9.51 in the coming years would enable the Town to pay for future membrane replacements without bonding.

Follow Amanda on Twitter for updates: @MarinerAmandaT

Carlson spoke against the increase, feeling that the new membrane should be paid for by those who will be using it – that is, residents living in Cohasset between 2021 and 2031.

"Users today are paying for the one they've got," he said. "For me, it's a matter of equity that the people who are using it should pay for it."

He added that keeping the rate at \$9.51 in the coming years would enable the Town to pay for future membrane replacements without bonding.

Follow Amanda on Twitter for updates: @MarinerAmandaT

Carlson spoke against the increase, feeling that the new membrane should be paid for by those who will be using it – that is, residents living in Cohasset between 2021 and 2031.

"Users today are paying for the one they've got," he said. "For me, it's a matter of equity that the people who are using it should pay for it."

He added that keeping the rate at \$9.51 in the coming years would enable the Town to pay for future membrane replacements without bonding.

Follow Amanda on Twitter for updates: @MarinerAmandaT

Carlson spoke against the increase, feeling that the new membrane should be paid for by those who will be using it – that is, residents living in Cohasset between 2021 and 2031.

"Users today are paying for the one they've got," he said. "For me, it's a matter of equity that the people who are using it should pay for it."

He added that keeping the rate at \$9.51 in the coming years would enable the Town to pay for future membrane replacements without bonding.

Follow Amanda on Twitter for updates: @MarinerAmandaT

Carlson spoke against the increase, feeling that the new membrane should be paid for by those who will be using it – that is, residents living in Cohasset between 2021 and 2031.

"Users today are paying for the one they've got," he said. "For me, it's a matter of equity that the people who are using it should pay for it."

He added that keeping the rate at \$9.51 in the coming years would enable the Town to pay for future membrane replacements without bonding.

Follow Amanda on Twitter for updates: @MarinerAmandaT

Carlson spoke against the increase, feeling that the new membrane should be paid for by those who will be using it – that is, residents living in Cohasset between 2021 and 2031.

"Users today are paying for the one they've got," he said. "For me, it's a matter of equity that the people who are using it should pay for it."

He added that keeping the rate at \$9.51 in the coming years would enable the Town to pay for future membrane replacements without bonding.

Follow Amanda on Twitter for updates: @MarinerAmandaT

Carlson spoke against the increase, feeling that the new membrane should be paid for by those who will be using it – that is, residents living in Cohasset between 2021 and 2031.

"Users today are paying for the one they've got," he said. "For me, it's a matter of equity that the people who are using it should pay for it."

He added that keeping the rate at \$9.51 in the coming years would enable the Town to pay for future membrane replacements without bonding.

Follow Amanda on Twitter for updates: @MarinerAmandaT

Carlson spoke against the increase, feeling that the new membrane should be paid for by those who will be using it – that is, residents living in Cohasset between 2021 and 2031.

"Users today are paying for the one they've got," he said. "For me, it's a matter of equity that the people who are using it should pay for it."

He added that keeping the rate at \$9.51 in the coming years would enable the Town to pay for future membrane replacements without bonding.

Follow Amanda on Twitter for updates: @MarinerAmandaT

Carlson spoke against the increase, feeling that the new membrane should be paid for by those who will be using it – that is, residents living in Cohasset between 2021 and 2031.

"Users today are paying for the one they've got," he said. "For me, it's a matter of equity that the people who are using it should pay for it."

He added that keeping the rate at \$9.51 in the coming years would enable the Town to pay for future membrane replacements without bonding.

Follow Amanda on Twitter for updates: @MarinerAmandaT

Carlson spoke against the increase, feeling that the new membrane should be paid for by those who will be using it – that is, residents living in Cohasset between 2021 and 2031.

"Users today are paying for the one they've got," he said. "For me, it's a matter of equity that the people who are using it should pay for it."

He added that keeping the rate at \$9.51 in the coming years would enable the Town to pay for future membrane replacements without bonding.

Save this weekend and everyday
at Prime Buick GMC
Fast, fair and simple.

**New 2017 GMC Terrain**

MSRP	\$28,620
Rabates	\$2,000
Prime Discounts	\$2,750
Total Discounts	\$4,750
Buy For:	\$23,870

Lease for 36 Months	\$142 /Mo. \$2,999 Cash or Trade Equity
Buy For:	\$23,870

New 2017 GMC Acadia

MSRP	\$33,770
Rabates	\$1,500
Prime Discounts	\$3,500
Total Discounts	\$5,000

Lease for 36 Months	\$166 /Mo. \$2,999 Cash or Trade Equity
Buy For:	\$28,770

New 2017 GMC Sierra

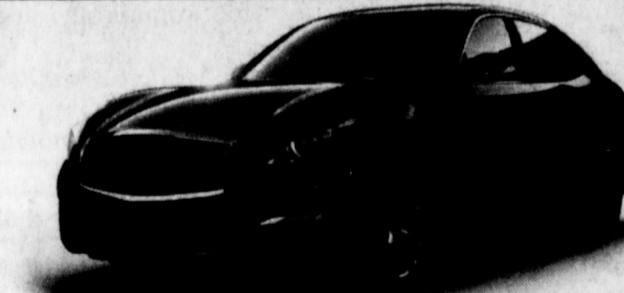
Double Cab, Elevation Edition	STK# BG1219
5.3L V8, 20" Wheels, Remote Keyless Entry Camera	
MSRP	\$42,040
Rabates	\$2,750
Prime Discounts	\$4,000
Total Discounts	\$6,750

Lease for 36 Months	\$253 /Mo. \$2,999 Cash or Trade Equity
Buy For:	\$35,290

Terrain AWD, Sierra DC, Acadia 10,000 miles per year. Excludes vehicle and doc prep fee (\$395) and lease acquisition fee (\$395). Excludes first payment, registration fees and state tax. At lease end lessee is responsible for \$0.25 per mile over allowed mileage. All leases are based on Tier 1 credit to qualify. Lessee includes Competitive Lease Cash (\$3,000). Customer must qualify for all rebates and incentives, not everyone will qualify. Customer may qualify for additional rebates. Manufacturer Rebates vary by model. Must take same day delivery from dealer stock. Prior sales excluded. Advertised prices not compatible with special financing, leases, and some other offers. See dealer for details. Offers expire 05/01/17.

Prime Buick GMC

1845 Washington St., Hanover, MA | 855-214-0885 | primebuickgmc.com

INFINITI.
EMPOWER THE DRIVE™**Fast, fair and simple...you do the math.**NEW 2016 INFINITI Q50 HYBRID
MSRP \$51,040, STK# PI12725
BUY FOR**\$39,540**NEW 2016 INFINITI QX70 BASE
MSRP \$57,115, STK# PI12477
BUY FOR**\$45,615**NEW 2016 INFINITI QX60
DELUXE TOURING
MSRP \$58,845, STK# PI12793
BUY FOR**\$47,345**NEW 2016 INFINITI Q70L 3.7X
MSRP \$63,630, STK# PI12627
BUY FOR**\$52,130****Prime INFINITI – Fast, fair and simple**

2060 Washington St., Hanover, MA | 855-608-7100 | primeinfiniti.com

Tax, title, registration and \$395 dealer documentation fee are not included in prices shown unless otherwise stated. Vehicle information & features are based upon standard equipment and may vary by vehicle. No claims, or warranties are made to guarantee the accuracy of vehicle pricing, payments or actual equipment. Call to confirm accuracy of any information. Offers expire 4/17/17.



1
4
2
0
1
7

A
P
R

SPORTSQUESTIONS? Contact Sports Editor William Wassersug at 781-837-4577 or wwassersug@wickedlocal.com.**SPORTS NOTES****Send your stuff**

The Cohasset Mariner sports department is always looking for a little extra hand.

Please send your story ideas, stories and photos to wwassersug@wickedlocal.com and follow him on Twitter @solisports guy

BASEBALL**Cohasset American Legion**

Cohasset American Legion Post 118 will hold tryouts April 30 at 3 p.m. at Scituate High School.

All who plan to play must attend.

Junior and Senior League will both be one tryout.

Call Scott Arnold @ 781-985-1896 for any questions.

BASEBALL**Spring Tune-up Camp**

The Cohasset varsity baseball team will hold a Spring Tune-up Camp Wednesday May 10, an early release day, from 2:30 p.m. to 4 p.m. at Barnes Baseball Complex.

The camp is open to boys and girls grades 1-6 with registration beginning at 2 p.m.

The cost is \$35 with all funds supporting the CHS baseball program.

Boys and girls will be organized into groups by grade and rotate to different stations, including calisthenics/stretching, warm up throwing, infield and outfield drills, batting practice, base running instruction and more.

Space is limited.

For more information or to reserve a spot, email Roberta Kierce at rekiere@yahoo.com with name and grade of your child.

Please bring a labeled glove to the clinic.

SPORTS ROUNDUP

The Cohasset boys tennis team improved to 2-0 as Mity Hill won at first singles, 6-0, 6-0, for Cohasset as the Skippers beat Middleboro in South Shore League action Tuesday.

Also on Tuesday, the Cohasset baseball team lost its opener 5-1 to Middleboro.

Xander Schubert pitched a solid game, going six innings while allowing just two earned runs.

The girls team opened its season with a 2-0 record, including a 6-0 win over Mt. Alvernia on Tuesday.

SCICOH YOUTH FOOTBALL/ CHEERLEADING**Register now for the 2017 season**

Registration is open for Scituate/Cohasset Youth Football & Cheerleading.

Visit [Scicohfootball.com](http://scicohfootball.com) to register and for more information

Scicoh Youth Football

SEE NOTES, B2

COHASSET HOCKEY YEAR-END HONORS

Left to Right: Conor Joslin (Soph, South Shore League All Star, Mass./CT Underclass All Star game participant); Jimmy Farren (Sr, Capt, South Shore League All Star (2nd award), Shriners Classic game participant); Aidan McHugh (Sr, Capt, South Shore League All Star (2nd award), South Shore League Player of the Year, Patriot Ledger All Scholar (3rd award), South Shore League All Star game participant); Michael Cohen (Sr, Capt, South Shore League All Star game participant); Joe Campedelli (Sr, Capt, Hobey Baker Character Award winner, Boston Bruins/MIAA Sportsmanship Award, Finalist Mass state All Academic team) [COURTESY PHOTO]

COHASSET HOCKEY YEAR-END HONORS

Left to Right: Conor Joslin (Soph, South Shore League All Star, Mass./CT Underclass All Star game participant); Jimmy Farren (Sr, Capt, South Shore League All Star (2nd award), Shriners Classic game participant); Aidan McHugh (Sr, Capt, South Shore League All Star (2nd award), South Shore League Player of the Year, Patriot Ledger All Scholar (3rd award), South Shore League All Star game participant); Michael Cohen (Sr, Capt, South Shore League All Star game participant); Joe Campedelli (Sr, Capt, Hobey Baker Character Award winner, Boston Bruins/MIAA Sportsmanship Award, Finalist Mass state All Academic team) [COURTESY PHOTO]

COHASSET HOCKEY YEAR-END HONORS

Left to Right: Conor Joslin (Soph, South Shore League All Star, Mass./CT Underclass All Star game participant); Jimmy Farren (Sr, Capt, South Shore League All Star (2nd award), Shriners Classic game participant); Aidan McHugh (Sr, Capt, South Shore League All Star (2nd award), South Shore League Player of the Year, Patriot Ledger All Scholar (3rd award), South Shore League All Star game participant); Michael Cohen (Sr, Capt, South Shore League All Star game participant); Joe Campedelli (Sr, Capt, Hobey Baker Character Award winner, Boston Bruins/MIAA Sportsmanship Award, Finalist Mass state All Academic team) [COURTESY PHOTO]

COHASSET HOCKEY YEAR-END HONORS

Left to Right: Conor Joslin (Soph, South Shore League All Star, Mass./CT Underclass All Star game participant); Jimmy Farren (Sr, Capt, South Shore League All Star (2nd award), Shriners Classic game participant); Aidan McHugh (Sr, Capt, South Shore League All Star (2nd award), South Shore League Player of the Year, Patriot Ledger All Scholar (3rd award), South Shore League All Star game participant); Michael Cohen (Sr, Capt, South Shore League All Star game participant); Joe Campedelli (Sr, Capt, Hobey Baker Character Award winner, Boston Bruins/MIAA Sportsmanship Award, Finalist Mass state All Academic team) [COURTESY PHOTO]

COHASSET HOCKEY YEAR-END HONORS

Left to Right: Conor Joslin (Soph, South Shore League All Star, Mass./CT Underclass All Star game participant); Jimmy Farren (Sr, Capt, South Shore League All Star (2nd award), Shriners Classic game participant); Aidan McHugh (Sr, Capt, South Shore League All Star (2nd award), South Shore League Player of the Year, Patriot Ledger All Scholar (3rd award), South Shore League All Star game participant); Michael Cohen (Sr, Capt, South Shore League All Star game participant); Joe Campedelli (Sr, Capt, Hobey Baker Character Award winner, Boston Bruins/MIAA Sportsmanship Award, Finalist Mass state All Academic team) [COURTESY PHOTO]

COHASSET HOCKEY YEAR-END HONORS

Left to Right: Conor Joslin (Soph, South Shore League All Star, Mass./CT Underclass All Star game participant); Jimmy Farren (Sr, Capt, South Shore League All Star (2nd award), Shriners Classic game participant); Aidan McHugh (Sr, Capt, South Shore League All Star (2nd award), South Shore League Player of the Year, Patriot Ledger All Scholar (3rd award), South Shore League All Star game participant); Michael Cohen (Sr, Capt, South Shore League All Star game participant); Joe Campedelli (Sr, Capt, Hobey Baker Character Award winner, Boston Bruins/MIAA Sportsmanship Award, Finalist Mass state All Academic team) [COURTESY PHOTO]

COHASSET HOCKEY YEAR-END HONORS

Left to Right: Conor Joslin (Soph, South Shore League All Star, Mass./CT Underclass All Star game participant); Jimmy Farren (Sr, Capt, South Shore League All Star (2nd award), Shriners Classic game participant); Aidan McHugh (Sr, Capt, South Shore League All Star (2nd award), South Shore League Player of the Year, Patriot Ledger All Scholar (3rd award), South Shore League All Star game participant); Michael Cohen (Sr, Capt, South Shore League All Star game participant); Joe Campedelli (Sr, Capt, Hobey Baker Character Award winner, Boston Bruins/MIAA Sportsmanship Award, Finalist Mass state All Academic team) [COURTESY PHOTO]

COHASSET HOCKEY YEAR-END HONORS

Left to Right: Conor Joslin (Soph, South Shore League All Star, Mass./CT Underclass All Star game participant); Jimmy Farren (Sr, Capt, South Shore League All Star (2nd award), Shriners Classic game participant); Aidan McHugh (Sr, Capt, South Shore League All Star (2nd award), South Shore League Player of the Year, Patriot Ledger All Scholar (3rd award), South Shore League All Star game participant); Michael Cohen (Sr, Capt, South Shore League All Star game participant); Joe Campedelli (Sr, Capt, Hobey Baker Character Award winner, Boston Bruins/MIAA Sportsmanship Award, Finalist Mass state All Academic team) [COURTESY PHOTO]

COHASSET HOCKEY YEAR-END HONORS

Left to Right: Conor Joslin (Soph, South Shore League All Star, Mass./CT Underclass All Star game participant); Jimmy Farren (Sr, Capt, South Shore League All Star (2nd award), Shriners Classic game participant); Aidan McHugh (Sr, Capt, South Shore League All Star (2nd award), South Shore League Player of the Year, Patriot Ledger All Scholar (3rd award), South Shore League All Star game participant); Michael Cohen (Sr, Capt, South Shore League All Star game participant); Joe Campedelli (Sr, Capt, Hobey Baker Character Award winner, Boston Bruins/MIAA Sportsmanship Award, Finalist Mass state All Academic team) [COURTESY PHOTO]

COHASSET HOCKEY YEAR-END HONORS

Left to Right: Conor Joslin (Soph, South Shore League All Star, Mass./CT Underclass All Star game participant); Jimmy Farren (Sr, Capt, South Shore League All Star (2nd award), Shriners Classic game participant); Aidan McHugh (Sr, Capt, South Shore League All Star (2nd award), South Shore League Player of the Year, Patriot Ledger All Scholar (3rd award), South Shore League All Star game participant); Michael Cohen (Sr, Capt, South Shore League All Star game participant); Joe Campedelli (Sr, Capt, Hobey Baker Character Award winner, Boston Bruins/MIAA Sportsmanship Award, Finalist Mass state All Academic team) [COURTESY PHOTO]

COHASSET HOCKEY YEAR-END HONORS

Left to Right: Conor Joslin (Soph, South Shore League All Star, Mass./CT Underclass All Star game participant); Jimmy Farren (Sr, Capt

MARTY'S BUICK | GMC
"ALWAYS SUPPORTING OUR COMMUNITY"
800-870-7573

EXPERIENCE THE NEW BUICK

2017 BUICK ENCORE

#217B066

6 AVAILABLE
AT THIS PRICE



ONLY \$59/mo*
24 months

GMC WE ARE PROFESSIONAL GRADE

2017 GMC SIERRA 4DR ELEVATION 0% FINANCING IS BACK!



Spray in bedliner, tubular assist steps,
20" black wheels, rear camera, trailering
package. #R191

Original List ... \$41,425

SALE PRICE \$31,995 OR \$199/PER MONTH

2017 GMC ACADIA AWD
Leather, dual dvd's, heated seats, remote start. #R177, #217527

MSRP \$40,800
SAVE \$6,000

BUY FOR \$34,800
OR
LEASE AS LOW AS \$189/PER MONTH



2017 GM TERRAIN SLE-1

ULTRA LOW MILEAGE LEASE FOR WELL-QUALIFIED
LESSEES WITH CURRENT NON-GM LEASE

\$169 PER MONTH² 24 MONTHS \$1,800 due at signing after all offers

NO SECURITY DEPOSIT REQUIRED. TAX, TITLE, LICENSE, DEALER FEES EXTRA. MILEAGE CHART OF \$.25/MILE OVER 20,000 MILES.
AT PARTICIPATING DEALERS ONLY.



EXIT 8 OFF RTE 3 • KINGSTON

800-870-7573

"ALWAYS SUPPORTING OUR COMMUNITY"

www.Marty'sBuickGMC.com



YOUTH HOCKEY

Drew Karlovits selected for Junior Bruins

The Cohasset Mariner

to Canada.

Drew Karlovits, 8, of Cohasset has been selected to play for the 2008 Elite Boston Junior Bruins. Drew will be traveling to Toronto Canada May 11th-14th representing the team as a Goalie in the Pro Hockey Bauer Spring Shoot Out Tournament.

The Junior Bruins started their season in early April. In addition to many training weekends, Drew will also be participating in two additional tournaments in preparation for the travel

to Canada.

These tournaments will feature some of the top teams from the North America AAA Elite level. Karlovits Jr. Bruins team is made up of players from all over New England, as well as New York, New Jersey and other states as far as Michigan.

You can follow the team's progress all season long at www.bostonjuniorbruins.com.

During the regular season, Drew plays for the Boston Advantage Hockey Club.

LAXMEN

From Page B1

May 17 at 5:30 p.m.
Saturday April 8 the Skippers traveled to Newton North to face the Tigers in a battle of teams that have fought great battles the past couple of years.

Will Thomas, Froio, and McFetridge each had hat tricks and Junior Ryan Donovan scored one goal but it was not enough as the Skippers fell to the Tigers 7-4 at halftime to beat the Knights.

The Skippers will be busy over school vacation week the Skippers will play at Pinkerton Academy in Derry New Hampshire on Saturday April 15 at 11 a.m. and will play two games in the Weston Tournament on April 20th against Ipswich and a second game April 22.

RANKINGS

From Page B1

over Whitman-Hanson on March 31.

Shawn Rice, Jr., Weymouth: Rice scored six goals in Weymouth's 15-0 win over Quincy/North Quincy on April 5.

Thomas Graves, Jr., Cohasset: The freshman made his debut with a four-goal performance in a win over Hull.

Game of the week

Hingham at Cohasset on Saturday at 1 p.m.

Hingham has lost competitive games to Simsbury in each of the past three seasons. The Harbormen will look to reverse that trend on Saturday against one of the best teams in Connecticut.

Girls

1 Norwell (3-0, 1) — Coach Kara Connerty could not have asked for a better way to start the year with a 3-0 week. Norwell downed Wellesley 6-3, before shutting out Abington (15-0) and Hull (13-0). After games against Westwood and Rockland, the Clippers will have a 13-day break in between games.

Scituate (2-0, 2)

— The Sailors make a giant leap after opening the season with wins over Marshfield (11-6) and Weymouth (15-8).

3 Hingham (0-0, 2) — The Harbormen have yet to play a game this spring. Hingham will have a busy May with 13 games in the first 25 days of the month.

4 Cohasset (0-1, 4) — The Skippers opened the season with a 10-7 loss

NOTES

From Page B1

& Cheerleading provides a safe environment for the emotional and physical development of all participants, while encouraging the ideals of teamwork, commitment, sportsmanship, healthy competition, and fun.

Don't miss your chance to be a part of our amazing program as it celebrates its 25th season.

Football Minimum age: must be age 7 by Sept. 1, 2017

Maximum age: cannot turn 15 prior to Nov. 15, 2017

Early registration March 20

against one of the top teams from Canada in the Hill Academy.

On the bubble: Braintree (1-0), Silver Lake (1-0)

Players of the week

Chase Henriquez, Sr., Norwell: Henriquez stopped 10 shots in Norwell's 6-3 win over Division I contender Wellesley on April 3. Henriquez also posted shutout efforts against Abington and Hull.

Murphy McDonough, Jr., Norwell: McDonough netted five goals in a 15-0 win over Hull on Friday.

Game of the week

Hingham at Cohasset on April 18 at 3 p.m. — Hingham and Cohasset are both looking to prove they belong in the elite ranks of their respective divisions.

The Harbormen want to crack into the Division 1 powerhouses while the Skipper are hoping to knock off Norwell in Division 2. This one will be a good measuring stick for both squads.

The Fab Four Lacrosse Power Rankings are decided with the help of several factors: record, strength of schedule, performance against teams and margin of victory. The public schools in our coverage area include: Abington, Braintree, Cohasset, Hanover, Hingham, Marshfield, Norwell, Pembroke, Plymouth North, Plymouth South, Rockland, Scituate, Silver Lake, and Weymouth.

Send nominations for players of the week to cmcdaniel@wickedlocal.com or reach him on Twitter @ ChrisMcDaniel88.

April 15 \$275

Regular registration April 16

- June 15 \$325

Late registration June 16 - August 10 \$375

Refund policy: Prior to August 10 100 percent (less \$50 processing fee)

No refunds after August 10

Cheerleading Open to grades 2-8 (Sept 2017)

Early registration March 20

April 15 \$150

Regular registration April 16

- May 15 \$200

Late registration May 16 - June 30 \$250

Competition fee (if participating) \$150

Refund policy: Prior to June 30 100%

(less \$50 processing fee)

No refunds after June 30

1

4

2

1

7

A
P
R

Friday, April 14, 2017

GIRLS LACROSSE

A look at the week's action

By Shaun Galvin

In girls lacrosse action Wednesday April 5 the Cohasset Lady Skippers hosted the Hull Lady Pirates.

Sophomore Jane Hansen led the way with a hat trick to lead a balanced attack in an 18-1 victory.

Scoring two goals each were juniors Elle Hansen

and Olivia Coveney, senior Marina Longo, sophomore Julia Placek and freshmen Lauren Farren.

Scoring single goals were junior Lauren Cunningham, sophomore Emma Stephens, senior Jenny Wolfe and freshmen Molly Greer and Maddy Donovan.

The game against The Hill Academy in Derry New Hampshire on Saturday April 15 at 11 a.m. will be a hat trick. Placek scored one goal but it was not enough as the girls lost 10-7.

Scoring two goals each were juniors Elle Hansen

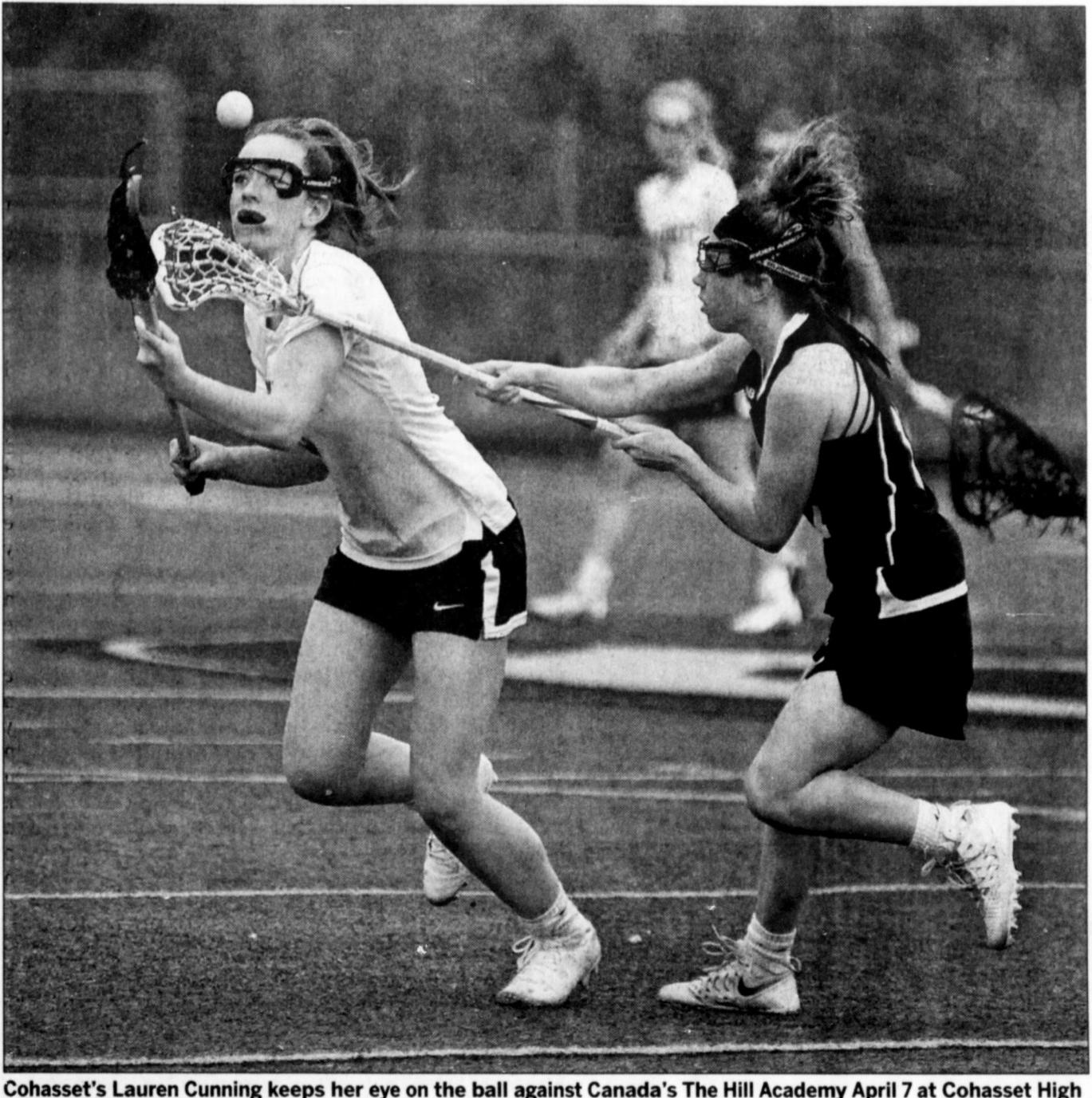
and Olivia Coveney, senior

Marina Longo, sophomore Julia Placek and freshmen Lauren Farren.

Notched a 19-4 victory.

With the Mashpee win, the girls are 2-1 overall and 2-0 in South Shore League Play.

Over school vacation week Cohasset will host Hingham on Tuesday April 18 in a 3 p.m. start and will host the Lady Sachems of Winchester on Wednesday April 19 in a 4 p.m. start.



Cohasset's Lauren Cunningham keeps her eye on the ball against Canada's The Hill Academy April 7 at Cohasset High School. [WICKED LOCAL PHOTO/WILLIAM WASSERSUG]

LAXWOMEN

From Page B1

"She did a hell of a job. Elle and Jane Hansen probably ran about seven miles (and scored three goals each). They're willing to do the extra. They're willing

to break their back. That makes the biggest difference in the midfield."

Last year the two teams tied, while the year before it wasn't a close game.

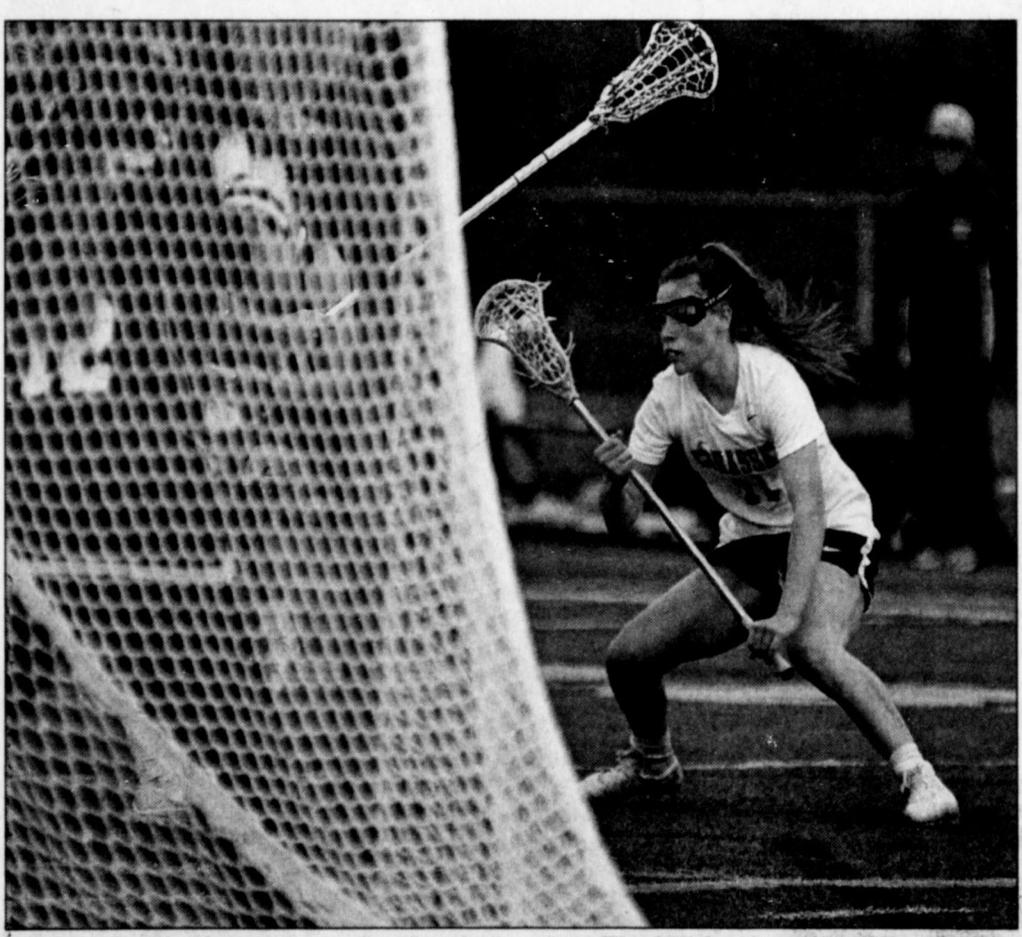
"I'm really proud of them," Reardon said. "This is a collegiate team. They're all PG's. I think it was a hell

of an effort. I'm extremely proud of them."

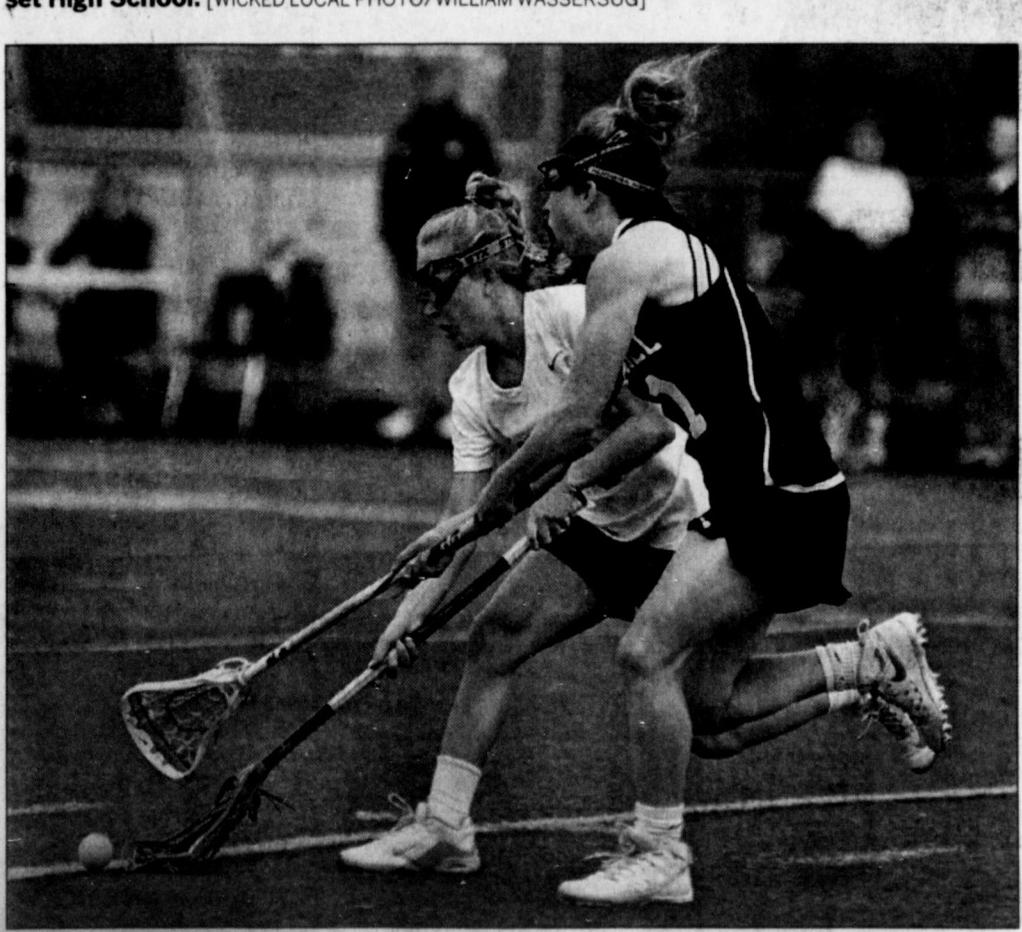
Reardon said she feels her team is ahead of where they normally are at this point in the season.

"They're really comfortable with the defense," she said. "They've got a really good goalie who

communicates with them in Jane Cavanaro. That helps a lot."



Cohasset's Elle Hansen looks for the shot against The Hill Academy April 7 at Cohasset High School. [WICKED LOCAL PHOTO/WILLIAM WASSERSUG]



Cohasset's Jane Hansen battles against Canada's The Hill Academy April 7 at Cohasset High School. [WICKED LOCAL PHOTO/WILLIAM WASSERSUG]

COHASSET MARINER - COHASSET.WICKEDLOCAL.COM

DON'T MISS OUR
SPRING HOME & GARDEN SECTIONS

**Insert Section:
Week of April 24th**
**In-Paper Pages:
Weeks of May 1st, and May 8th**

Spring is in the air and if you're looking to spruce up your home, be sure to keep an eye out for our Spring Home & Garden Sections for your home improvement needs.

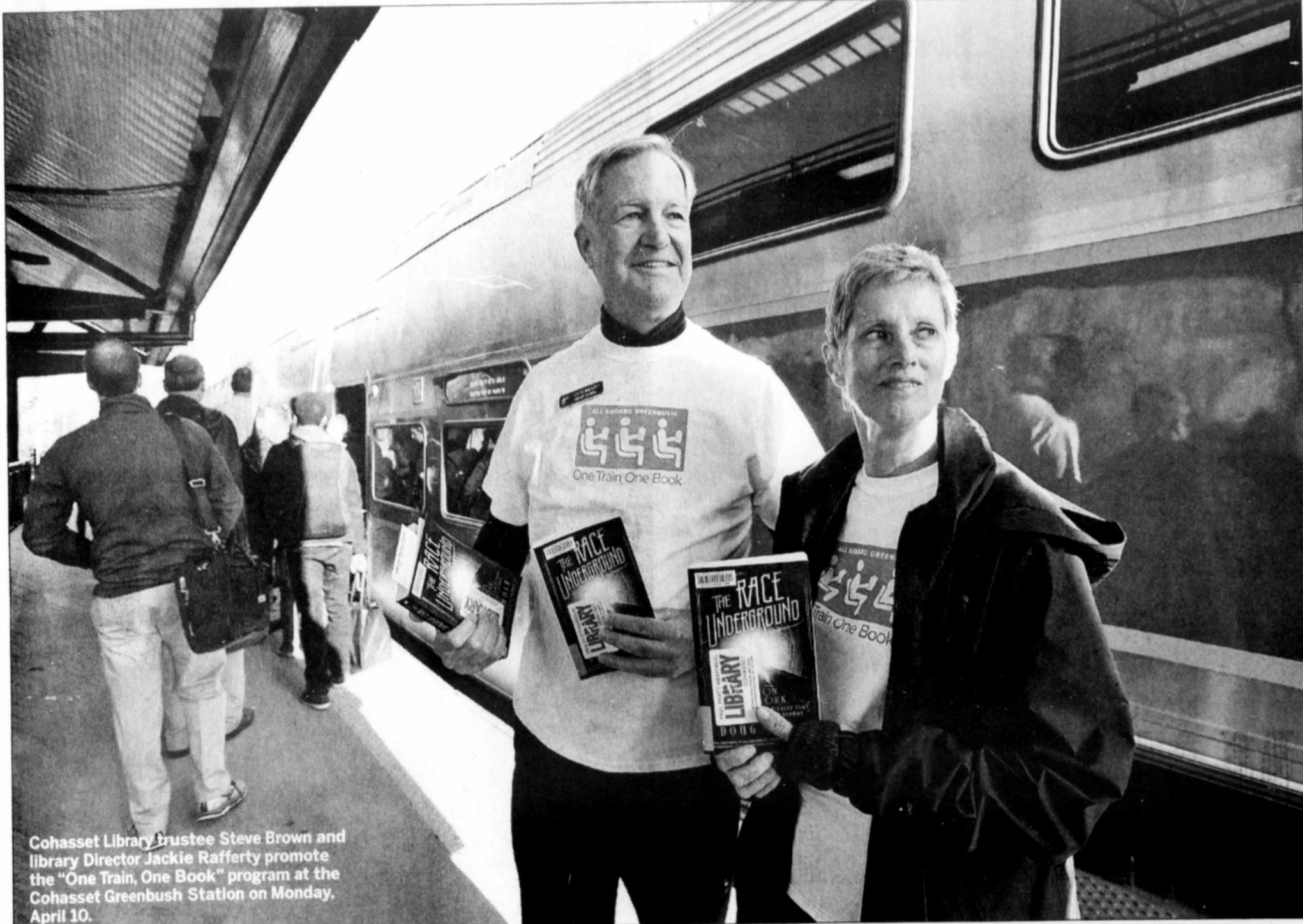
Interested in advertising in these sections? Visit www.wickedlocalmediasolutions.com

**WICKED
LOCAL**

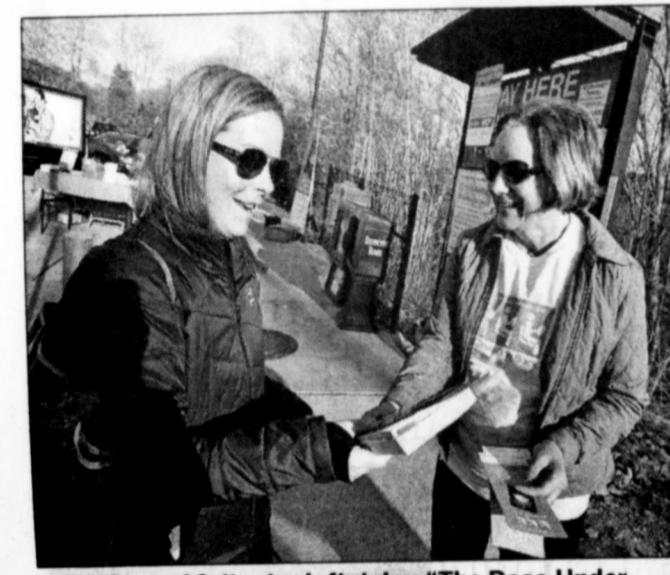
**SS TOP CASH PAID \$\$
FOR MEN'S WRIST WATCH**
Rolex, Patek Philippe, Cartier, Breitling, Omega Speedmaster, Chronograph's, Daytona, Submariner, GMT-Master Moonphase & Day Date Call 1-800-401-0440

CAMP, SCHOOL AND ACTIVITIES DIRECTORY
CAMPS OFFER STEM/STEAM CURRICULA IN UNIQUE SETTING!
By Bette Bussel, Executive Director, American Camp Association, New England

STEM - Science, Technology, Engineering and Math. STEAM adds Arts to the mix. And you have STEAM schools, especially when measuring and comparing with LEGO or Minecraft. Like many specialty camps, engineering Camps are often run by engineers. So it's important to make sure these programs are properly regulated by their state or national organization. STEAM camps surround campers with opportunities to learn and grow. Camps teach the science that surrounds them - whether it's growing plants, making bread, or mixing flour and water. Any camp that requires a timed procedure such as making Gloop by mixing corn flour and water. Any camp that requires a time limit, like a hill climbing, or a race, is a STEM camp. Campers get to explore meadows, sand dunes, tide pools, and ocean creatures - all of which is



Cohasset Library trustee Steve Brown and library Director Jackie Rafferty promote the "One Train, One Book" program at the Cohasset Greenbush Station on Monday, April 10.



ALL ABOARD GREENBUSH:

One Train, One Book

Staff photos by Tom Gorman

Starting April 10, time-strapped Greenbush commuters were able to join a train-based community of readers to read and discuss "The Race Underground: Boston, New York, and the Incredible Rivalry That Built America's First Subway," by Doug Most.

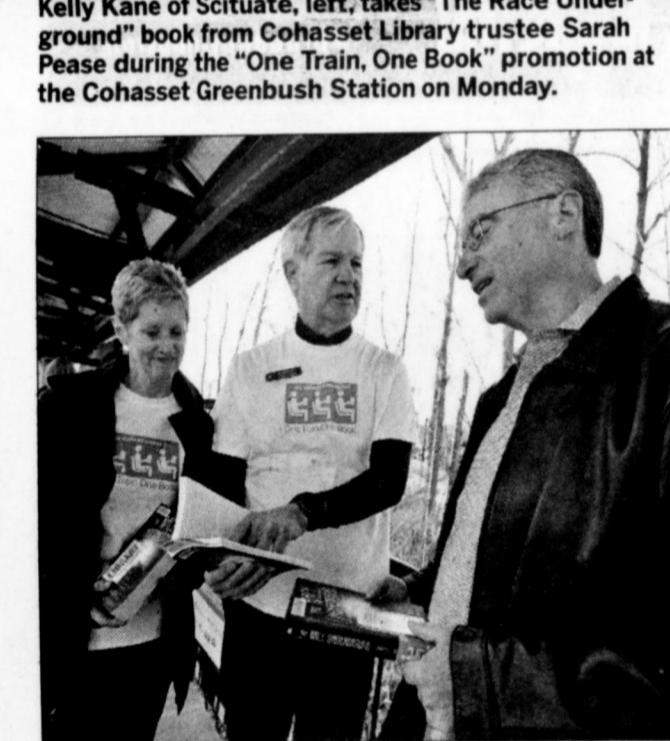
"All Aboard, Greenbush! One Train, One Book," is an innovative program funded by the Massachusetts Board of Library Commissioners (MLBC) and enthusiastically supported by the MBTA, that will connect daily riders of the Greenbush Commuter Line with their local libraries in Cohasset, Hingham, Scituate, and Weymouth.

This program is a great opportunity for commuters whose long days and busy schedules prevent them from getting to the library. "All Aboard, Greenbush!" brings the library to the train. On the mornings of April 10 and 11, librarians were at each Greenbush line station to meet commuters and distribute books and information about related programming. Librarians were also at the stations for April 10 outbound trains.

Copies of the book were available in print, e-book, and e-audiobook format. Interested readers without library cards were able to get a temporary card right there.

Follow along on Facebook for complete programming information and updates: www.facebook.com/AllAboardGreenbush.

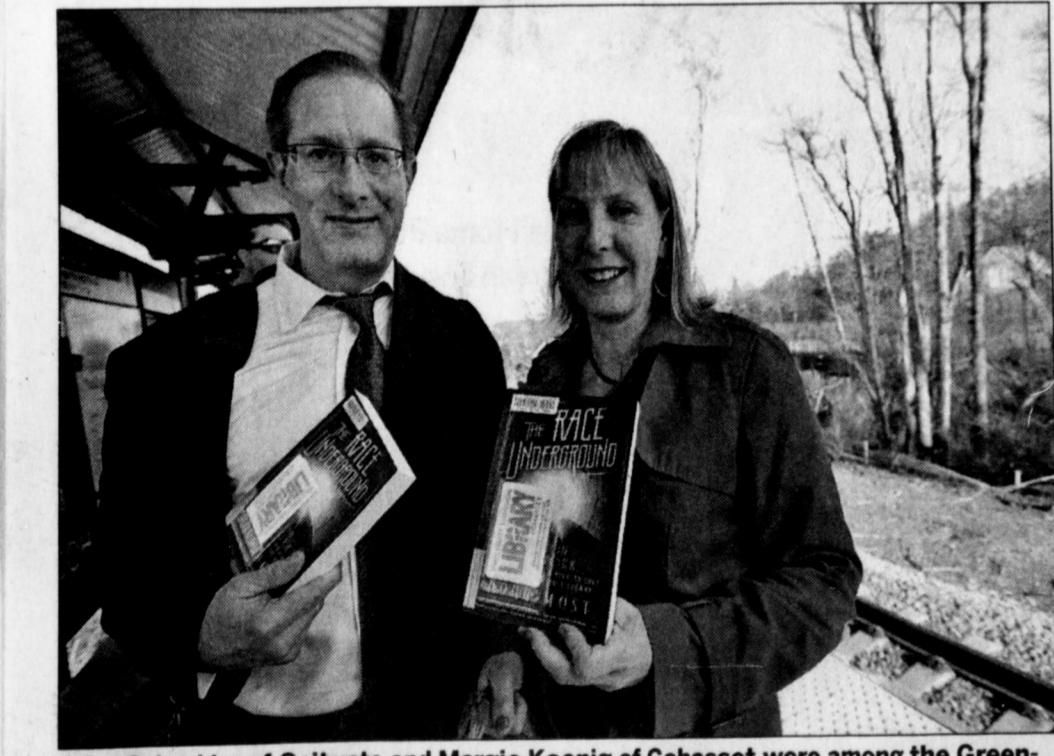
A display at the Cohasset Greenbush Station on Monday, April 10, promotes the "All Aboard Greenbush: One Train, One Book" program where riders will read and discuss "The Race Underground" book with local librarians.



Mark DeGiacomo of Cohasset, right, discusses the "One Train, One Book" program with Cohasset Library Director Jackie Rafferty, left, and library trustee Steve Brown.



Gail Otis of Cohasset, left, discusses the "One Train, One Book" program with Cohasset Library trustee Sarah Pease, Rep. Joan Meschito and Friends of the Cohasset Library member Sandra Perry.



John Schneider of Scituate and Margie Koenig of Cohasset were among the Greenbush riders at the Cohasset Greenbush Station on Monday, April 10, who joined the "One Train, One Book" program.



Cohasset Library trustee Sarah Pease greets riders Monday morning at the Cohasset Greenbush Station promoting the "One Train, One Book" program.

A
P
R
1
4
2
0
1
7

ON SALE NOW!



BENNY ANDERSSON & BJÖRN ULVAEUS'
MAMMA MIA!

THE SMASH HIT MUSICAL BASED ON ABBA®

FAREWELL TOUR

MAY 30 - JUNE 4
Boston Opera House

800-982-2787 • BroadwayInBoston.com
Groups (10+) Call: 617-482-8616



WINNER OF 4 TONY AWARDS
INCLUDING
BEST MUSICAL REVIVAL

THE LINCOLN CENTER THEATER PRODUCTION

RODGERS & HAMMERSTEIN'S

The King and I

directed by BARTLETT SHER



"EXCEPTIONAL CAST
THIS PRODUCTION IS A JOY."

LOS ANGELES TIMES

NOW THRU APRIL 23!
BOSTON OPERA HOUSE

800-982-2787 • BroadwayInBoston.com

GROUPS (10+) SAVE! CALL: 617-482-8616



#BroadwayInBoston

SAVE THE DATE!

Saturday, May 13, 2017
8:00am - 12 noon

Hampton Inn / Boston Natick
319 Speen St., Natick



Experience the latest in home trends at Wicked Local U: Home!

Join us at this FREE and interactive event where you'll learn tips, tricks and how to's from local home and design experts.



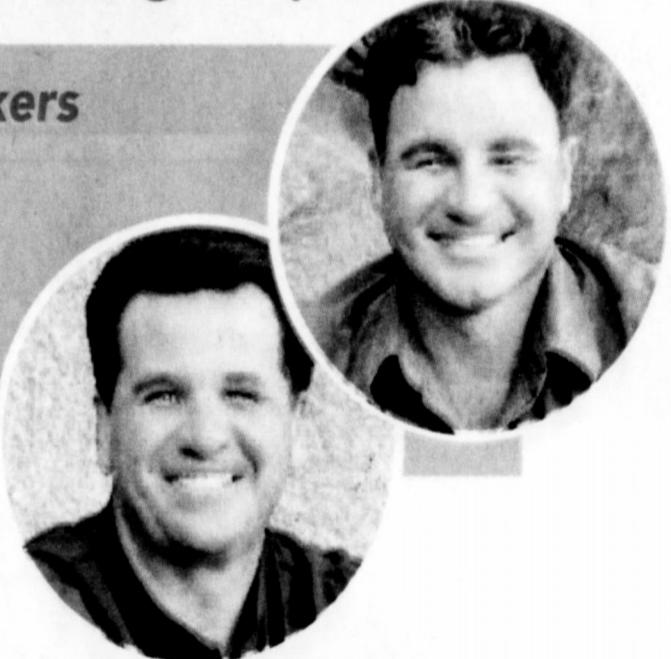
Featuring Keynote Speakers

Dean Marsico

and

Derek Stearns

from DIY & HGTV

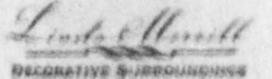


Dean & Derek

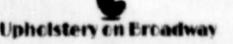
"The Outdoor Room"

Workshops Include:

Trends in Interior Design
Linda Merrill,
Linda Merrill Decorative Surroundings



Upholstery 101:
Covering the Basics
Kevin Kennedy,
Upholstery on Broadway



Simple Home Repairs
Bryan Tucker

FREE!

Register today at: wlu.wickedlocal.com

WICKED
LOCAL



FOCUS ON HIGHER EDUCATION

ADVERTORIAL

The leadership journey: A woman's odyssey

By Nancy Coleman
Wellesley College

What does leadership mean to you? There are almost as many ways to define leadership as there are leaders. A quick search on Google brings up a mere 784,000,000 pages about leadership. Searches about what it takes to be a good leader or how to develop leadership skills bring up an equally mind-boggling number of results.

We often hear about charismatic leaders, strategic leaders, authentic leaders, and the ubiquitous transformational leader. Leaders are born ... you either have the skills or you don't. No, wait... leadership can be learned? With so many types of leadership, and conflicting views from experts on what they all mean, how do young adults make sense of it all, and how can they cultivate their own leadership approach?

Women have an added challenge in the leadership arena, stemming from what social scientists call the double bind or ambivalent sexism. When women face ambivalent sexism, they sometimes have to choose between being liked but not respected, or being respected but not liked. In many cases, women who adhere to traditional female roles may be liked, but not seen as high achievers. Or, on the opposite end of the spec-



Wellesley College has developed a five-week summer residential women's leadership program to help undergraduate women begin to craft their leadership journeys. COURTESY PHOTO/WELLESLEY COLLEGE

Better support and guidance are needed for young women to support the cultivation of leadership skills that are authentic, true to the individual and supportive of the whole self.



Offered for five weeks over the summer, Wellesley College's summer residential leadership program is built upon a strong liberal arts foundation. Students in the program read and analyze works about gender and diversity, and then learn about women in the work force. COURTESY PHOTO/WELLESLEY COLLEGE

trum, more assertive characteristics can be perceived as objectionable. What is the best way for women to lead to avoid this bias?

In truth, there is no one best way to lead. In today's globally connected, fast-paced world, there's rarely one person at the top making the "leadership decisions." Instead, in successful enterprises, both formal and informal leaders collaborate to drive decisions, change,

The Contemporary Women's Leadership Program

Hone your leadership skills and take steps towards becoming the powerful, confident woman you're meant to be.

Learn more at Wellesley.edu/summer

WELLESLEY
W

Your journey continues at Wellesley College

Enrolling Now.
Session runs
June 25th - July 21st

SUMMER at QUINCY COLLEGE
GRADUATE FASTER

STUDENTS ARRIVING FROM OVER 100 UNIVERSITIES

EXPLORE FLEXIBLE CLASS OPTIONS STARTING IN JUNE, JULY + AUGUST

BREEZE INTO FALL SUMMER QUINCYCOLLEGE.EDU | 800-698-1700

QUINCY COLLEGE
PLYMOUTH, QUINCY & ONLINE

Nancy Coleman is associate provost and director of Strategic Growth Initiatives at Wellesley College. Her own leadership journey continues to evolve.

A
P
R

1
4

2
0
1
7



FOCUS ON HIGHER EDUCATION

ADVERTORIAL



Cambridge College will be located at 500 Rutherford Ave. in the historic Hood Park in Boston. COURTESY PHOTO/CAMBRIDGE COLLEGE

Cambridge College to open new campus in Boston

Consolidated location expands capacity, increases opportunities and enhances access

CAMBRIDGE - Cambridge College recently announced it will consolidate its two campuses in Cambridge into a new integrated facility to open in Fall 2017.

Located at the historic Hood Park in Boston, the new 108,000-square-foot location offers the opportunity to create a unified campus in a state-of-the-art facility in a location that is easily accessible from communities throughout the greater Boston and surrounding areas.

"For over 45 years our mission has focused on creating access, opportunity

and an environment where adult learners can learn, thrive and succeed," said Susan M. Ifill, chair of the Board of Trustees for Cambridge College. Ifill, an alumna of its Graduate School of Management further stated, "We see an opportunity in this decision to think creatively about how we continue to evolve our programs, services and partnerships to support our mission."

Cambridge College enrolls more than 5,000 students each year across four schools: the School of Undergraduate Studies, School of Management, School of Psychology and Counseling, and School of Education.

"In exploring options for our graduate programs, which have always been in multiple locations, it became clear that we had a unique opportunity to think strategically about our physical presence. A single campus model will more effectively meet the needs of our current and prospective students and partners to support our mission."

Cambridge College offers some of the nation's greatest academic institutions, and we take pride in the educated workforce we have as a result," said Mayor Marty Walsh. "We are excited that Cambridge College has chosen Charlestown for their new Boston campus and we look forward to many years of collaboration ahead."

Psychology and Counseling, neighborhood include opportunities to utilize the design to accommodate enhanced classrooms, advanced technology, and thoughtfully considered student amenities such as a bookstore, cafe and ample parking.

"The city of Boston has some of the nation's greatest academic institutions, and we take pride in the educated workforce we have as a result," said Mayor Marty Walsh. "We are excited that Cambridge College has chosen Charlestown for their new Boston campus and we look forward to many years of collaboration ahead."

and Colleges, and all programs are authorized by the Massachusetts Board of Higher Education. Cambridge College offers flexible undergraduate and graduate degree programs across six locations nationwide in Cambridge, Springfield and Lawrence, San Juan, Puerto Rico, and California's Inland Empire region. Its highly diverse student population consists of 68 percent women and 32 percent men, with 63 percent of the school's students pursuing a degree part time on evenings and weekends. To find out more, visit www.cambridgecollege.edu.



BROWN EXECUTIVE EDUCATION

TRANSFORMING MID-CAREER PROFESSIONALS

Executive Master's degrees at Brown prepare you to lead your organization and transform your field, while building a powerful lifelong network of colleagues.

As an accomplished professional in an intensive 16-month Master's program, you join a vibrant learning community, and immediately apply your new knowledge and skills through a Critical Challenge Project.

EXECUTIVE MASTER'S DEGREES

- Cybersecurity
- Healthcare Leadership
- IE Brown Executive MBA
- Science and Technology Leadership

BROWN
School of Professional Studies brown.edu/professional

Gain a competitive career advantage at UMass Dartmouth



Advance your career. Explore your options.

- ▶ Undergraduate and Graduate degrees
- ▶ Certificate programs
- ▶ Online and on-campus courses

Online & continuing education advantages

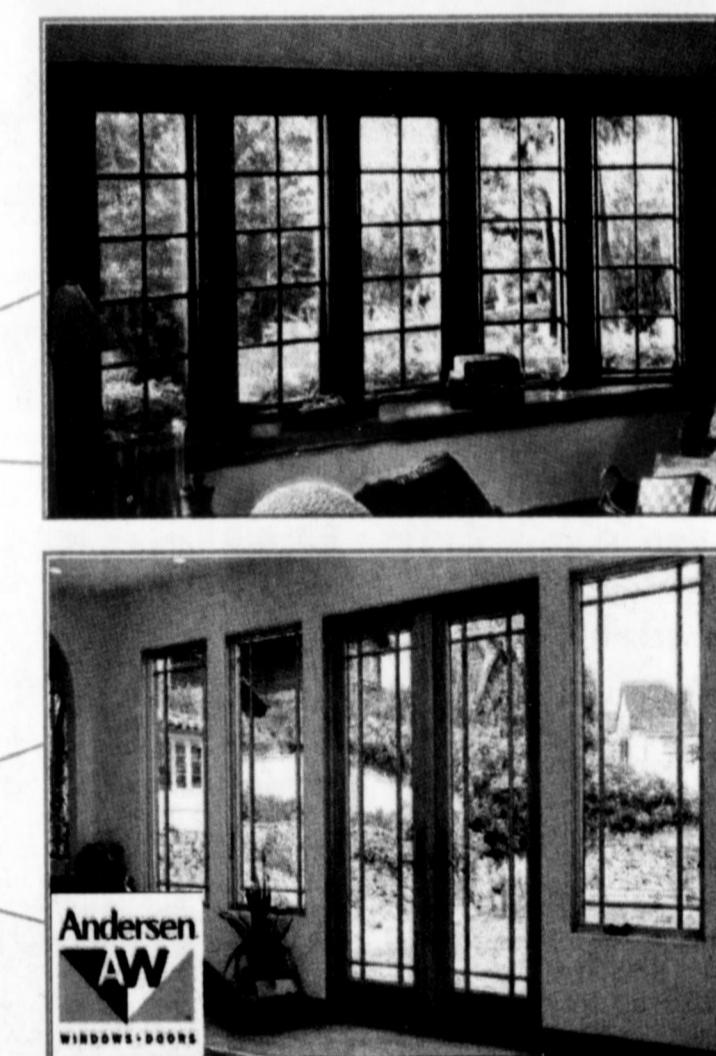
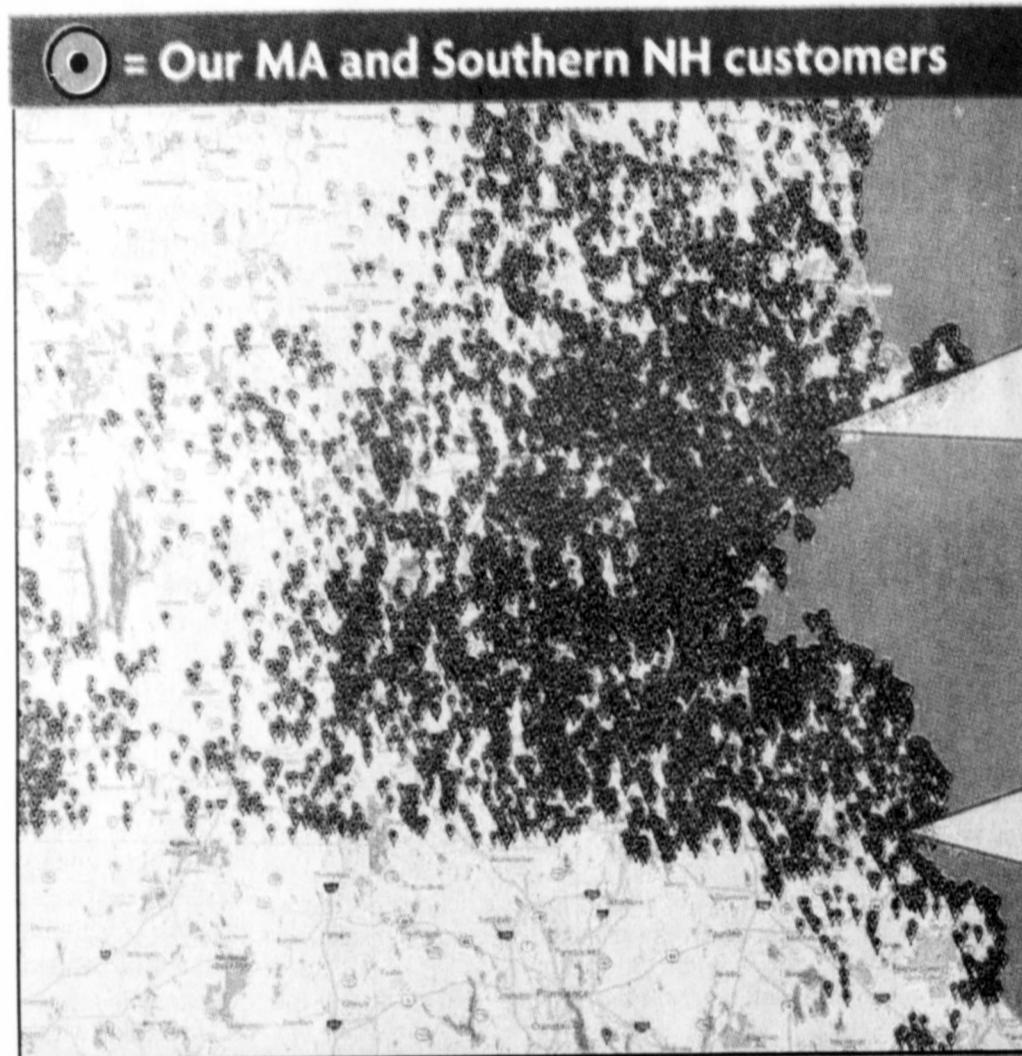
- ▶ Classes in summer, fall, winter, and spring
- ▶ Online classes taught by UMassD faculty
- ▶ Affordable tuition; financial aid available
- ▶ Generous transfer credit policy

www.umassd.edu/advance
or call 508.999.9202

UMass | Dartmouth

These 15,143 local homeowners chose our windows.

Renewal by Andersen
WINDOW REPLACEMENT
an Andersen Company



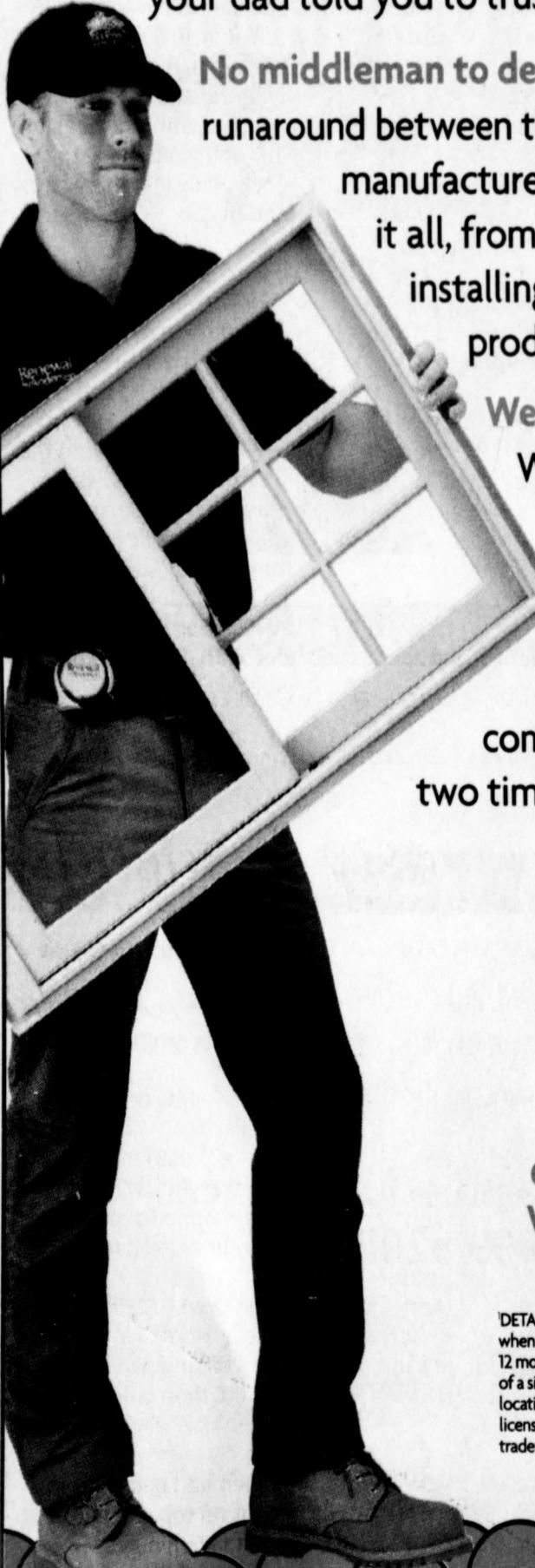
Why have 15,143 MA and NH homeowners chosen us?

No pressure. During your Free Window Diagnosis, we'll give you an exact, down-to-the-penny price that we'll honor for an entire year.

114 years of window expertise. We're the full-service replacement window division of Andersen, the window and door company that your dad told you to trust.

No middleman to deal with. There's no runaround between the installer and the manufacturer because we handle it all, from custom-building to installing to warranting all our products.*

We won't sell you vinyl. We've replaced thousands of poor-quality vinyl windows and patio doors, so we made our windows with our Fibrex® composite material, which is two times stronger than vinyl.



Must call before May 6th!

SAVE 20%
ON WINDOWS
AND PATIO DOORS¹

plus

NO NO NO
money down payments interest
for 1 year¹

Interest accrues from the purchase date but is waived if paid in full for 12 months.

Minimum purchase required.

Make an appointment and get a price that's good for an entire year!

Renewal by Andersen
WINDOW REPLACEMENT
an Andersen Company

The Better Way to a Better Window™

Call for your FREE
Window and Patio
Door Diagnosis

1-800-215-5593

DETAILS OF OFFER — Offer expires 5/6/2017. Not valid with other offers or prior purchases. 20% off your entire purchase with no money down and 12 months no payments, no interest when you purchase 4 or more windows or patio doors between 1/1/2017 & 5/6/17 with approved credit. APR of 16.68% as of 6/1/2015, subject to change. Repayment terms from 0 to 12 months. Interest accrues during the promotional period but all interest is waived if the purchase amount is paid in full within 12 months. Savings comparison is based on the purchase of a single unit at regular list price. Available only at participating locations. Other discounts and financing options available for other purchase levels. See your local Renewal by Andersen location for details. License MN: BC130983/WI266951. Excludes MN insurance work per MSA 325E.6A. VA license #20515684. DC license #42025000125. MHC #21441. All other license numbers available upon request. Some Renewal by Andersen locations are independently owned and operated. Renewal by Andersen® and all other marks where denoted are trademarks of Andersen Corporation. ©2017 Andersen Corporation. All rights reserved. ©2017 LeadSurge LLC. All rights reserved. See limited warranty for details.

A
P
R
1
4
2
0
1
7

FOOD

TIP OF THE WEEK

Easy ways to revamp your smoothie

Here are four ingredients that will make your next smoothie your favorite one.

Peanut butter. Once you put a dollop of peanut butter in your smoothie, you'll never go back.

Avocado. Avocados add potassium and fiber, and create a creamy texture and a distinct taste so many love.

Oats. If you end up with a watery smoothie, add some oats to thicken it up.

Chia seeds. Studies from the National Center for Biotechnology Information have shown that chia seeds can naturally boost your energy, making them a perfect addition.

RECIPE HELP

Great cracker combinations

These five cracker combinations offer something for every craving.

The modified BLT. Stack together a slice of cheddar, lettuce and bacon.

Cucumber delight. When entertaining on a hot day, put a slice of cucumber on top of cream cheese.

Tasty and tart. A pickle slice with some ham and goat cheese is perfect.

Fruit-focused. An apple slice, wedge of brie and a few almond slivers create magic.

Sweet and cheesy. Martha Stewart has described how a little honey brings out the salty, nutty flavor of cheese. Drizzle a little on gruyere or gouda.

FUN FACTS

Interesting facts about eggs

Whether you eat them for breakfast, lunch, dinner or a snack, eggs are a quality source of protein. Did you know a hen can produce an egg every 24–26 hours? Here are four more facts from the American Egg Board:

1. A large egg contains only 70 calories and 5 grams of fat.
2. Egg protein has just the right mix of essential amino acids needed by humans to build tissues. It is second only to mother's milk for human nutrition.
3. An average hen lays 300 to 325 eggs a year.
4. Yolk color depends on the diet of the hen.

NUMBER TO KNOW

Each person eats 43 quarts of popcorn every year

Americans consume 14 billion quarts of popcorn each year. That's 43 quarts per every person. Here are five more facts from the Popcorn Board:

1. Popcorn kernels can pop up to 3 feet in the air.
2. Air-popped popcorn has 0 calories per cup.
3. Most U.S. popcorn is grown in the Midwest, primarily in Indiana, Nebraska, Ohio, Illinois, Iowa, Kentucky and Missouri.
4. Two tablespoons of kernels make 1 quart of popped popcorn.
5. If you made a trail of popcorn from New York City to Los Angeles, you would need more than 352,028,160 popped kernels.

FLASH IN THE PAN

Hope springs eternal

Seasonal eaters must get creative in early spring



This potato salad is made from ingredients found in March at a winter farmers market. [ARI LEVAUX]

By Ari LeVaux

More Content Now

My hobby is to eat seasonally, and, when possible, locally. Some people do so with an air of piousness, as if they are saving the Earth with their immense sacrifice. I do it for fun, and for a sense of satisfaction that's hard to quantify — and for the challenge.

As it happens, now is about as challenging as it gets. The buds may be out and the green shoots are shooting, but the garden has nothing to show for it.

And in root cellars and supermarket produce sections alike, the dregs of last fall's harvest are rapidly dwindling.

Our pioneering, homesteading forefathers faced this challenge every year at this time, as did inhabitants of northern climates throughout the globe, from Europe to Siberia.

Eating seasonally out of the grocery store can save you some money if you're savvy — that's a game we can all get behind. And seasonality trumps locality. Citrus, for example, is in season right now, and I'm all over it, even if it doesn't grow where I live.

So if you want to have a little tasty fun that's historically, seasonally and geographically relevant, here are two recipes for dealing with the dregs of last year's northern hemisphere harvest.

Our first recipe is on the authentic side of the spectrum. Until my little (optional) flourishes at the end, it's made entirely of ingredients that could be found in a peasant's larder somewhere in the UK a century ago. I found all of the produce ingredients

in March at the winter farmers market.

The next recipe comes from the Halley VI research station in Antarctica. The scientists who inhabit the base aren't homesteaders or wannabes, but due to long periods of isolation during which they must fend for themselves, they have much in common with the seasonal food snobs.

In February, a boat brings a shipment of food that has to last until Christmas for the 10 or so crew members who've signed on to overwinter at the base. Then it leaves.

That final February shipment consists almost entirely of fresh produce that must be stored and stretched for 10 months. Lettuce and greens wouldn't even survive the journey to the base, much less the winter.

"We stick to hard, dense stuff that lasts a lot longer," John Eager, a former chef on the base, told me. "Potatoes, carrots, onions, squash and turnips ... store incredibly well."

But not forever. Eventually, like all storage provisions, they start to go ... south. Eager says that before this produce turns to shriveled mush, the kitchen staff prepares and freezes it for future meals. He shared this recipe for Butternut Squash Tartlets made with squash that was frozen before it spoiled. The same recipe works in the northern hemisphere, too, as the last of the winter squash is put out for sale, often at a generous discount.

Ari LeVaux writes *Flash in the Pan*, a syndicated weekly food column that's appeared in more than 50 newspapers in 25 states. Ari lives in Montana and New Mexico and can be reached at flash@flashinthepan.net.

Irish Potato Salad

- 1 medium cabbage, cut into 6 or 8 wedges
- 3 large potatoes (or more smaller ones), cut into inch-thick pieces. Peeling optional
- 4 or so slices of bacon, chopped
- 1 cup chicken stock
- 3 cloves garlic, sliced
- 1 large onion, sliced thinly
- Vinegar
- Mayonnaise

Preheat the oven to 375F. While it heats, brown the bacon, and add the onion.

Add the cabbage and potatoes to a baking dish. When bacon is crispy and onions translucent, gently toss them with the potatoes and cabbage, along with the raw garlic slices. Add the stock. Cover with a lid or foil, and bake for one hour.

Remove from oven and cool 15 minutes. Season with salt and pepper. Serve as a side dish, alongside your corned beef, underneath a fried egg or atop a bed of lettuce. It's versatile, and delicious all by itself.

Me, I sprinkle with a little vinegar, mix it with a little mayonnaise, and make Irish Potato Salad. One can also add beans and salsa, for a Mexican version.

Butternut and Feta Tartlets

- 3 Tablespoons olive oil
- 1/2 pounds butternut squash, peeled and diced
- 3/4 pound puff pastry dough
- 1/3 pound feta cheese
- 1 dried red chili, seeded and chopped finely
- 2 teaspoon dried thyme
- Salt and pepper
- Aged balsamic vinegar

Preheat the oven to 400F. Put squash cubes on a baking dish, toss in 1 T olive oil, and roast for 30 minutes, stirring occasionally until soft. Allow to cool, place in freezer bags, and freeze.

Six to 10 months later — or sooner — roll out the pastry and cut into six equal-sized pieces. Arrange them on a non-stick baking tray and chill. Divide the squash onto the six rectangles. Top with crumbled cheese, thyme and chili flakes. Drizzle the remaining 2 T oil upon the tarts. Bake for 30 minutes at 400F. Serve hot, drizzled with aged balsamic vinegar.

Hunt for old recipe boxes pays tasty dividends



Prudence Hilburn

cookbooks and old recipe boxes stuffed with handwritten recipes. Roger and Huey would race to be the one who found the best buys. Our very favorite purchases were old recipe boxes.

Marcy and I would sit for hours going through the recipes and discussing how we thought we could add a creative touch to some of them.

Roger has retired now and is beginning to cook, too. He seems to favor baking and makes some wonderful cakes and breads. On their visit this past week, Roger made the following dessert called Cherry Pudding Cake. It is similar to a dump cake, but much better than any I have ever tasted.

Roger found this recipe in a great little cookbook simply titled "Hometown Recipes." It features recipes from small towns across our country.

Roger actually bought the book because the author has the same name as Marcy's great-grandmother, Ella Mae Tucker.

Once he started looking at the recipes, he became even more interested.

All I can say is that if all the recipes are as good as the dessert he made, it would be worth keeping an eye out for this cookbook when you go to yard sales and/or flea markets.

Cherry Pudding Cake

- 1 can cherry pie filling
- 1 (20 oz.) can crushed pineapple
- 1 box of white or yellow cake mix
- 2 sticks (1 cup) margarine (Roger uses butter)
- 1 cup chopped pecans
- 1 cup shredded coconut

Preheat oven to 325 degrees. Grease bottom of a 13 x 9 x 2 inch baking pan. Layer pie filling, then pineapple and then dry cake mix. Melt butter and pour over cake mix, then add pecans and coconut on top. Bake for 1 hour and 20 minutes.

Email Prudence Hilburn at prudencehilburn@aol.com.

COHASSET POLICE/FIRE LOG

The following are excerpts from the Cohasset Police/Fire Log, which is public record and available for review.

Monday, April 3

6:49 a.m.: A caller reported a Toyota Corolla at the MBTA Cohasset station on Chief Justice Cushing Highway with a black dog inside. The caller stated the window was open and it looked like the vehicle had been there a while. The police vehicle was gone on police arrival.

8:41 a.m.: A drunk teacher was reported at Cohasset Junior/Senior High School on Pond Street. The male party was released to the custody of his wife.

1:19 p.m.: A caller reported seeing a seal basking on the deck on Hull Street and then disappearing. The animal control officer reported the seal was gone.

1:58 p.m.: A walk-in from Nichols Road reported identity theft.

2:16 p.m.: Water was reported in a basement on Nichols Road. The power was cut to the residence, and the wire inspector and National Grid responded.

3:08 p.m.: A resident reported the crosswalk button not working at MBTA Cohasset station on Chief Justice Cushing Highway.

3:35 p.m.: An outside odor of smoke was reported on Jerusalem Road. Personnel reported a slight odor in the area but found nothing.

6:17 p.m.: An inside water leak was reported on Ledge Way. The water was shut down, and the homeowner was advised to call a tech.

6:40 p.m.: A passerby reported the pedestrian lights not working at the MBTA Cohasset station on Chief Justice Cushing Highway.

7:35 p.m.: An outside odor of smoke was reported on Jerusalem Road. Personnel reported a slight odor in the area but found nothing.

7:37 p.m.: A garage door alarm was reported at a residence on Walnut Hill Lane. The alarm company confirmed it was accidental.

Tuesday, April 4

6:57 a.m.: A front lobby motion alarm was reported at Pilgrim Bank on South Main Street. Police reported the building was secure.

9:10 a.m.: A walk-in from



TRAFFIC SAFETY TIP OF THE WEEK: Be careful putting objects in the passenger area of your car. In the event of a crash or even a sudden stop, they can become a projectile and cause injuries to you or a passenger. Even smaller objects can cause serious injuries to children. It's always safer to store them in the trunk, in the case of a minivan or SUV, in the well behind the back seat. [COURTESY PHOTO]

Jerusalem Road reported identity theft.

7:37 p.m.: Smoke was reported in the area between Cedar Street and Chief Justice Cushing Highway. Fire personnel reported nothing.

11:30 a.m.: Police and animal control assisted an animal owner on King Street with a sick and aggressive dog.

11:45 a.m.: Water was reported leaking from the ground on Jerusalem Road, possibly due to a water main break. The Cohasset Water Department also reported dropping pressures.

The water department responded and reported 10 homes would be without water while the main was being repaired.

12:07 p.m.: A sprinkler flow alarm was reported at Colonial Way Realty Trust on Stagecoach Way. No smoke or fire was reported. The house was ventilated and the heating shut down. The homeowner was advised to call for service.

1:16 p.m.: A carbon monoxide alarm was reported on a new house on Beach Street. No smoke or fire was reported. The alarm company was unable to contact anyone. Command gained access in the garage that was under construction, checked the roof units for heat and was unable to reset the system. An alarm tech from the alarm company responded.

2:21 p.m.: A caller on Aaron River Road reported receiving a call from the IRS stating a warrant was issued for her arrest.

5:15 p.m.: A walk-in reported a Craigslist scam. Officers determined there was no loss involved in the incident.

Friday, April 7

12:57 a.m.: A suspicious vehicle accident was reported near Good Sport on King Street. No airbag deployment or injuries were reported. A wrecker was called for one disabled vehicle.

11:30 a.m.: Police and animal control assisted an animal owner on King Street with a sick and aggressive dog.

11:45 a.m.: Water was reported leaking from the ground on Jerusalem Road, possibly due to a water main break. The Cohasset Water Department also reported dropping pressures.

The water department responded and reported 10 homes would be without water while the main was being repaired.

12:07 p.m.: A sprinkler flow alarm was reported at Colonial Way Realty Trust on Stagecoach Way. No smoke or fire was reported. The house was ventilated and the heating shut down. The homeowner was advised to call for service.

1:16 p.m.: A carbon monoxide alarm was reported on a new house on Beach Street. No smoke or fire was reported. The alarm company was unable to contact anyone. Command gained access in the garage that was under construction, checked the roof units for heat and was unable to reset the system. An alarm tech from the alarm company responded.

2:21 p.m.: A caller on Aaron River Road reported receiving a call from the IRS stating a warrant was issued for her arrest.

5:15 p.m.: A walk-in reported a Craigslist scam. Officers determined there was no loss involved in the incident.

5:33 a.m.: A general fire alarm was reported on Chief Justice Cushing Highway. The alarm company was unable to contact anyone. Command gained access in the garage that was under construction, checked the roof units for heat and was unable to reset the system. An alarm tech from the alarm company responded.

5:45 a.m.: A walk-in reported a Craigslis scam. Officers determined there was no loss involved in the incident.

5:53 a.m.: A general fire alarm was reported on North Main Street at Rocky Lane. A party was sleeping in the vehicle, and a parent was contacted to check out.

5:53 a.m.: A caller reported a female party fell off a bicycle on Jerusalem Lane at Jerusalem Road and was injured.

12:19 p.m.: A tree was reported hanging on a wire on Whitehead Road. Police were notified. Norwell police

were notified. Verizon

were notified. No power was reported.

5:13 p.m.: A general fire alarm was reported at a residence on Sheldon Road. The alarm company reported

nothing. No power was reported.

5:48 a.m.: A two-car motor

were reported.

5:53 a.m.: A general fire alarm was reported on North Main Street at Rocky Lane. A party was sleeping in the vehicle, and a parent was contacted to check out.

5:53 a.m.: A caller reported a female party fell off a bicycle on Jerusalem Lane at Jerusalem Road and was injured.

12:19 p.m.: A tree was reported hanging on a wire on Whitehead Road. Police were notified. Norwell police

were notified. No power was reported.

5:13 p.m.: A general fire alarm was reported at a residence on Sheldon Road. The alarm company reported

nothing. No power was reported.

5:48 a.m.: A two-car motor

were reported.

5:53 a.m.: A general fire alarm was reported on North Main Street at Rocky Lane. A party was sleeping in the vehicle, and a parent was contacted to check out.

5:53 a.m.: A caller reported a female party fell off a bicycle on Jerusalem Lane at Jerusalem Road and was injured.

12:19 p.m.: A tree was reported hanging on a wire on Whitehead Road. Police were notified. Norwell police

were notified. No power was reported.

5:13 p.m.: A general fire alarm was reported at a residence on Sheldon Road. The alarm company reported

nothing. No power was reported.

5:48 a.m.: A two-car motor

were reported.

5:53 a.m.: A general fire alarm was reported on North Main Street at Rocky Lane. A party was sleeping in the vehicle, and a parent was contacted to check out.

5:53 a.m.: A caller reported a female party fell off a bicycle on Jerusalem Lane at Jerusalem Road and was injured.

12:19 p.m.: A tree was reported hanging on a wire on Whitehead Road. Police were notified. Norwell police

were notified. No power was reported.

5:13 p.m.: A general fire alarm was reported at a residence on Sheldon Road. The alarm company reported

nothing. No power was reported.

5:48 a.m.: A two-car motor

were reported.

5:53 a.m.: A general fire alarm was reported on North Main Street at Rocky Lane. A party was sleeping in the vehicle, and a parent was contacted to check out.

5:53 a.m.: A caller reported a female party fell off a bicycle on Jerusalem Lane at Jerusalem Road and was injured.

12:19 p.m.: A tree was reported hanging on a wire on Whitehead Road. Police were notified. Norwell police

were notified. No power was reported.

5:13 p.m.: A general fire alarm was reported at a residence on Sheldon Road. The alarm company reported

nothing. No power was reported.

5:48 a.m.: A two-car motor

were reported.

5:53 a.m.: A general fire alarm was reported on North Main Street at Rocky Lane. A party was sleeping in the vehicle, and a parent was contacted to check out.

5:53 a.m.: A caller reported a female party fell off a bicycle on Jerusalem Lane at Jerusalem Road and was injured.

12:19 p.m.: A tree was reported hanging on a wire on Whitehead Road. Police were notified. Norwell police

were notified. No power was reported.

5:13 p.m.: A general fire alarm was reported at a residence on Sheldon Road. The alarm company reported

nothing. No power was reported.

5:48 a.m.: A two-car motor

were reported.

5:53 a.m.: A general fire alarm was reported on North Main Street at Rocky Lane. A party was sleeping in the vehicle, and a parent was contacted to check out.

5:53 a.m.: A caller reported a female party fell off a bicycle on Jerusalem Lane at Jerusalem Road and was injured.

12:19 p.m.: A tree was reported hanging on a wire on Whitehead Road. Police were notified. Norwell police

were notified. No power was reported.

5:13 p.m.: A general fire alarm was reported at a residence on Sheldon Road. The alarm company reported

nothing. No power was reported.

5:48 a.m.: A two-car motor

were reported.

5:53 a.m.: A general fire alarm was reported on North Main Street at Rocky Lane. A party was sleeping in the vehicle, and a parent was contacted to check out.

5:53 a.m.: A caller reported a female party fell off a bicycle on Jerusalem Lane at Jerusalem Road and was injured.

12:19 p.m.: A tree was reported hanging on a wire on Whitehead Road. Police were notified. Norwell police

were notified. No power was reported.

5:13 p.m.: A general fire alarm was reported at a residence on Sheldon Road. The alarm company reported

nothing. No power was reported.

5:48 a.m.: A two-car motor

were reported.

5:53 a.m.: A general fire alarm was reported on North Main Street at Rocky Lane. A party was sleeping in the vehicle, and a parent was contacted to check out.

5:53 a.m.: A caller reported a female party fell off a bicycle on Jerusalem Lane at Jerusalem Road and was injured.

12:19 p.m.: A tree was reported hanging on a wire on Whitehead Road. Police were notified. Norwell police

were notified. No power was reported.

5:13 p.m.: A general fire alarm was reported at a residence on Sheldon Road. The alarm company reported

nothing. No power was reported.

5:48 a.m.: A two-car motor

were reported.

5:53 a.m.: A general fire alarm was reported on North Main Street at Rocky Lane. A party was sleeping in the vehicle, and a parent was contacted to check out.

5:53 a.m.: A caller reported a female party fell off a bicycle on Jerusalem Lane at Jerusalem Road and was injured.

12:19 p.m.: A tree was reported hanging on a wire on Whitehead Road. Police were notified. Norwell police

were notified. No power was reported.

5:13 p.m.: A general fire alarm was reported at a residence on Sheldon Road. The alarm company reported

nothing. No power was reported.

5:48 a.m.: A two-car motor

were reported.

5:53 a.m.: A general fire alarm was reported on North Main Street at Rocky Lane. A party was sleeping in the vehicle, and a parent was contacted to check out.

5:53 a.m.: A caller reported a female party fell off a bicycle on Jerusalem Lane at Jerusalem Road and was injured.

12:19 p.m.: A tree was reported hanging on a wire on Whitehead Road. Police were notified. Norwell police

were notified. No power was reported.

5:13 p.m.: A general fire alarm was reported at a residence on Sheldon Road. The alarm company reported

nothing. No power was reported.

5:48 a.m.: A two-car motor

were reported.

5:53 a.m.: A general fire alarm was reported on North Main Street at Rocky Lane. A party was sleeping in the vehicle, and a parent was contacted to check out.

5:53 a.m.: A caller reported

